

Grass Roots

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**Dry Stone
Walling**

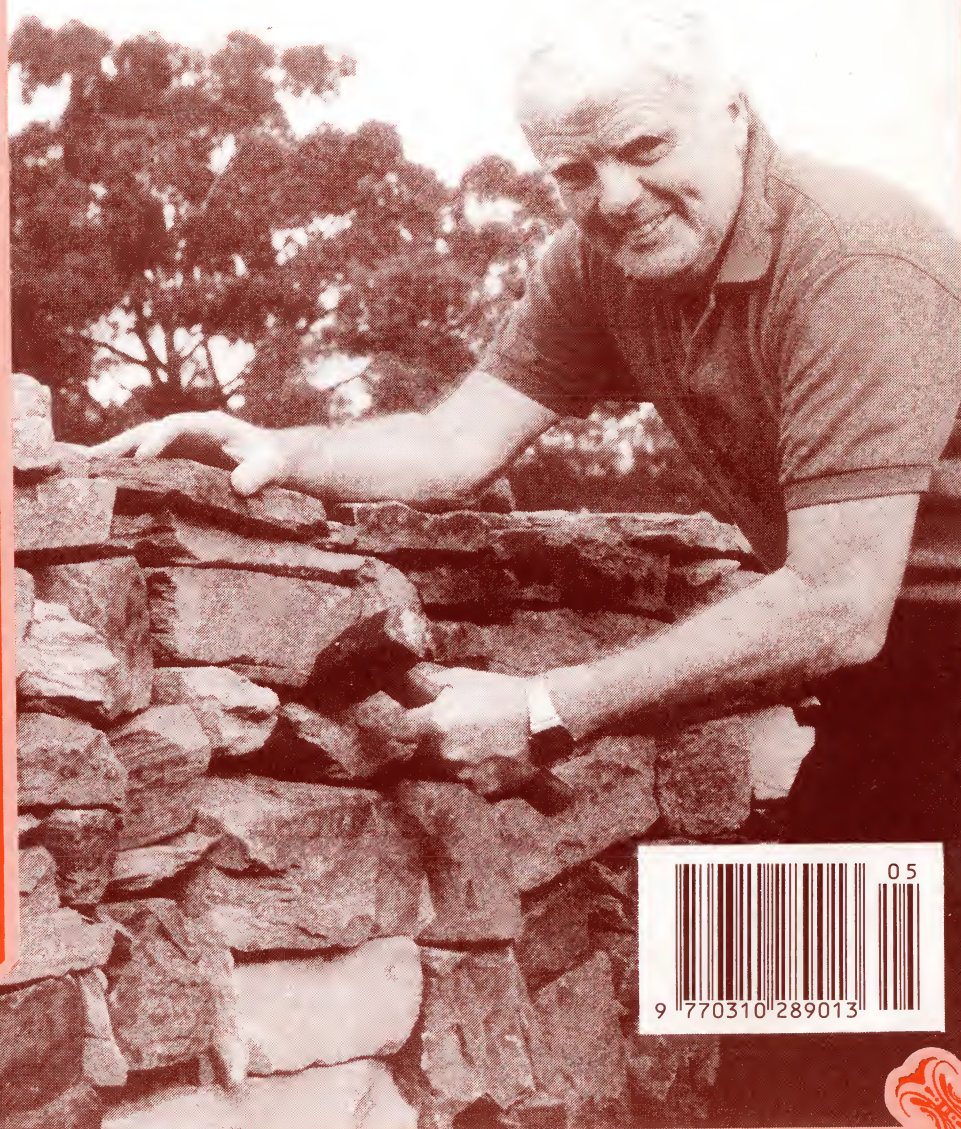
•
Instant Pottery

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**Basic
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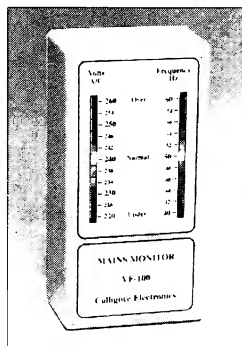
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Front cover: Constructing a stone wall is a great way to clear up stone from your property, or the local area. See page 59 for Martin Spohn's story on stone walling. Our cover photo shows Alan Windust of Allscape finishing off a wall built during one of his regular Small Farms School courses. (Ph: 054-395-099 for details.)

Back cover: The inside of a Home Dome constructed by Rob Lusher. Domes lend themselves to innovative and exciting use of timbers and other natural materials. See Rob's article on pages 11-13 to find out more about the versatility, economy and energy efficiency of this architecture of the future.

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We often receive letters from our older GR readers asking whether it is too late for them to make the change to a more self-sufficient, rural lifestyle. Replies usually advise that 'it's never too late'. The Coles from Tuncurry are an example of the validity of this advice. In their mid-fifties, and confronted with a sudden job transfer, they took up the challenge and decided to make this an opportunity to pursue their long-time dream. This is the first article of a series in which they share their hard work, unexpected problems, fun and achievements with us. We know their experiences will strike many a responsive chord.

THE SAGA OF SILVERTREES

by Pam Cole, Tuncurry, NSW.

Cold! Dark, except for a faint red streak to the east. Only the sound of the sea roaring, then our puffing breath as we trudged across two acres of chilly grey sand, dragging the heavy coil of electrical cord, stooping to unroll it as we went, moving slowly through the sand to reach our goal, as slowly the wintry sun crept up above the pine trees.

Siberia? A penal colony? Pioneer settlers on some Alaskan beach? Not quite. Just two fifty-year-olds bent on getting a little more building done on their block, before returning to town to start the day's work. We would be back as soon as we were free in the evening, to clear a little more scrub, dig trenches, unload timber, carry buckets of water to our tiny baby trees. To us it was Paradise.

October 1989 saw us confronted with a sudden transfer (husband's job). The rest of that year went in a mad blur of travel to and from our new destination, house-hunting there, finding a buyer back

home, the garage sale, painting and fixing, farewells, and decisions. Many of these were made by long distance, or by guesswork, half our brood being overseas at the time, and our new location based hundreds of kilometres from home. To cut a long story short we finally made the move in a series of staggers and leaps, delivering boat and caravan on one trip, other bits and pieces later.

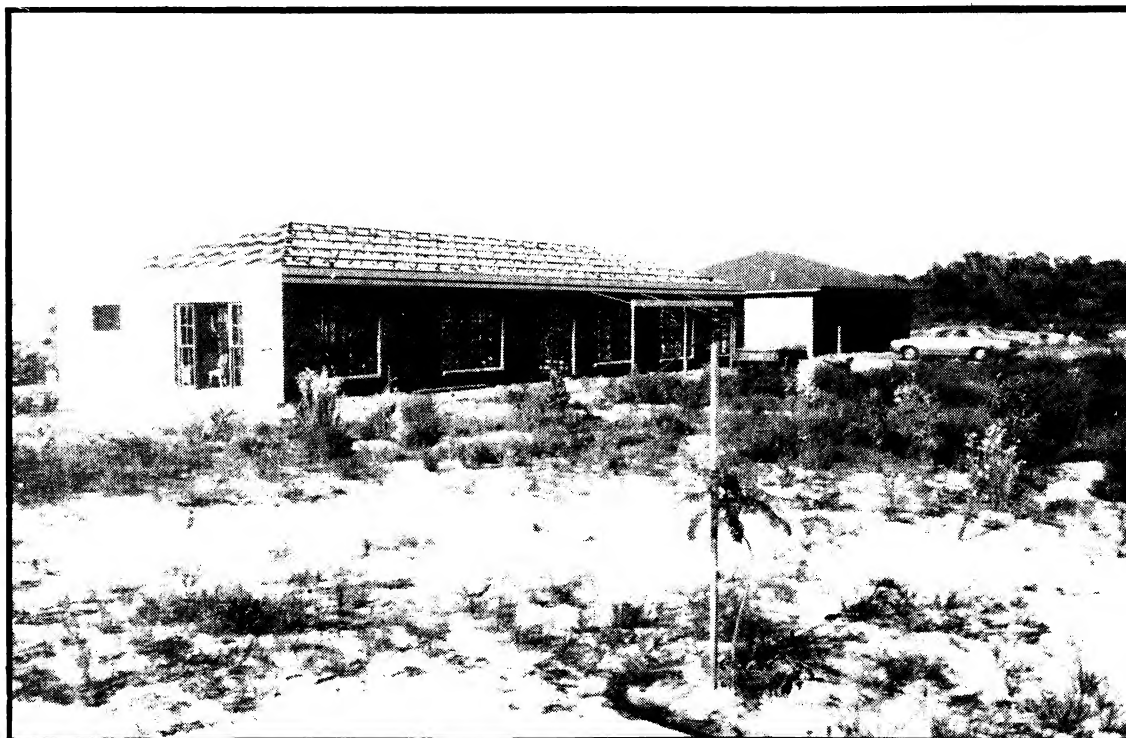
In the midst of this confusion we found that 'the house that goes with the job', no longer did so. We rented a tiny place to tide us over. Further financial pruning by the employer meant a cut in husband's salary, daunting but too late to change our plans. With great good luck I eventually found a job too, and we returned to our plans of someday finding a block to build on. More decisions followed, all tangled up with the terrors and traumas of transfer, two exchange students, further financial problems, and the departure/arrival for overseas study

of other family sprigs, and the death of our dear dog.

What a trip that move was, following the two trucks of household goods, a frenzied and carsick cat clinging to me, last desperate 'don't forget' objects and treasured plants jammed in the trailer, leaving behind many friends and a lovely and loved house and garden!

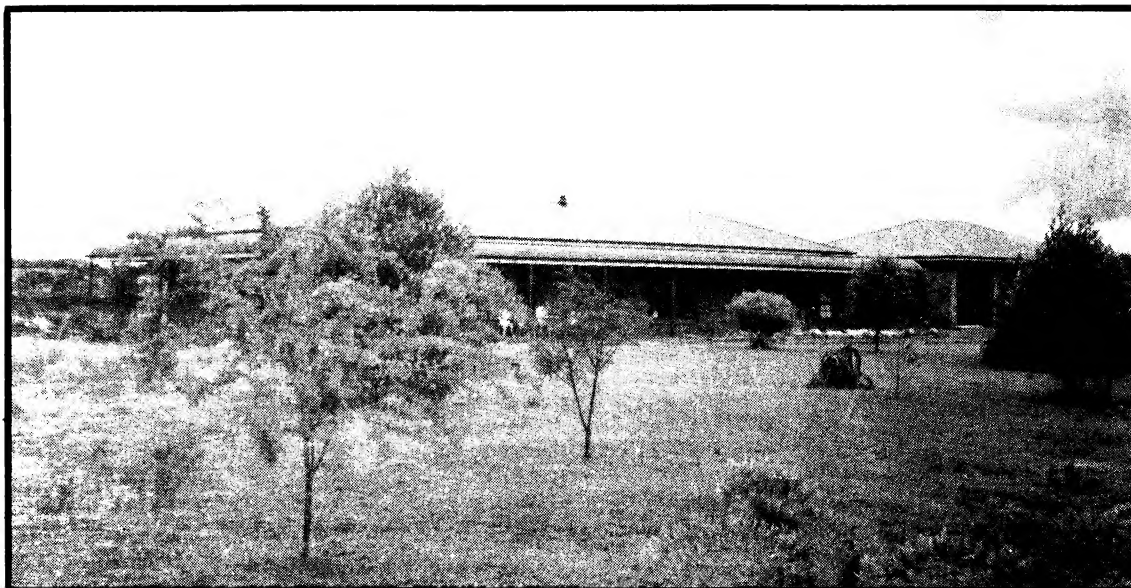
Once arrived, there followed weeks and weeks of rain, a leaking house, leaking rooms at work, illnesses, depression, and house hunting. We couldn't afford the houses we saw. We'd like to have found a farm, but eventually we opted for two and a half acres of sand and scrub, situated a short way from town. To say family and friends thought us insane was the least of it: we knew we were. We cheered ourselves with sketches, plans, dreams and our battered copies of GR.

Four months later came a great day. It was a hot and sunny Sunday. At last the block was ours and we could begin.



At this stage the house construction is well under way and we are slowly establishing grass cover to stabilise the sandy soil.

GRASS 4 ROOTS



A recent photo: house livable, grass growing, trees developing nicely; all in under three years.

Perhaps, if we did it all ourselves, we could afford to build some day. We drove out there, clutching our sketches, paced and measured, scribbled on scraps of paper, took photos, we picnicked under our solitary tree (or rather beside it, as it was so small), met some nice neighbours, and felt great.

By Easter we had plans drawn up and had begun in earnest, clearing the housesite and driveway of small plants and transplanting them elsewhere. We wanted to save what we could, not to have them bulldozed, and were so glad of further rain saving the lives of many of our transplants. Visits to council, banks, building suppliers etc took a lot of time.

Then those early morning visits began; working with the brickie, one of us being much more useful than his spouse! But when not required for small tasks of the 'lift this fetch that' variety, I raked sand, tended our transplants, bucketed water and planned gardens. In the early morning light magpies warbled, a pelican sailed majestically over the creekside bushland. We were happy and knew we had made the right decision.

By doing some tasks out on the block before and after work, spending weekends and holidays building, we managed to complete the garage, and then moved in there with all our possessions, our pets, and a resident blue tongue lizard, while building our house.

Silvertrees is not rolling hectares of grazing property. The visiting eye would see two and a half acres of scrubby grass and part-grown trees, a messy fowlyard, some vegies and flowers, assorted sheds and a nice brick house of the verandahed

variety. But any of you who have started from scratch with a block of land scalped by the developers and 'done it yourselves', would recognise it for what it is to us.....Paradise. And not only Paradise, but a bit of a miracle, considering one family did it in under three years.

Regulations being as they are, and both of us working full time in town, it was a case of having the slab, the brickwork, the plumbing and electrics done by professionals and we did the rest: frame, roof timbers and a great deal of the roofing, and all of the interiors from slate floors to plastering, tiling, wainscot panels. Father did the lot, with assistance from sons when home, kind friends at times, and neighbour lads hired on one or two occasions. Yours Truly gave a lot of advice, provided innumerable cuppas, pored over our treasured GRs, and learned when to keep out of the way.

Taming the wildly blowing sand was the outdoor priority. Our first step was transplanting and then keeping alive any green survivors of the bulldozer blade; a few had popped up self-seeded, but were mostly where driveway and house had to go, so these were taken to safety and quite a few survived. Then as the building progressed we also found time to put in some fruit trees and natives. Bucketing water to them before and after work became my prime concern.

Once the bore went down and irrigation could begin, more was possible. We started at one corner; onto the sand went grass seed, over it went grass clippings hoarded for this purpose while renting a house in town. These were soon used up. What to do now? Several contract work-

ers were kind enough to drop their clippings on our roadside, which saved them a trip to the tip. And so, patch by tiny patch, we proceeded with the seed/rake/mulch/water routine. It takes a lot of trailer loads of clippings to cover two and a half acres, countless hours of work, lots of water, impossible to contemplate if it were not for our blessed supply of bore water. Some areas we left to regenerate, so that today we have two areas of native heath and bushes, everywhere else is grass. Just what grass, we didn't care in the first throes of taming the sand. Even weeds were welcome. We had a mixture of carpet grass, kikuyu, buffalo couch and rye, from seed/clippings/bits scrounged from here and there. What a relief once that covering was down and the sand became walkable and ceased to blow into sandhills.

While this land taming and the building went on, the vegie plot was underway as a major priority. Compost bins and heaps began to fill, seeds went in, little fruit trees were planted. Trailer loads of seaweed were collected. The chooks and ducks took up residence and began to contribute, and at last things took on a green covering.

Two and a half years from those early days we are established, retired, still building bits and working hard to improve and maintain the place, still reading GR. Self-sufficient now in vegetables, eggs and poultry, becoming so with fruit, harrassed at times, but mostly able to enjoy our peaceful country life.

In following issues we will share with you a selection of anecdotes of the trials and the fun of life at Silvertrees.

WATER QUALITY CONCERN

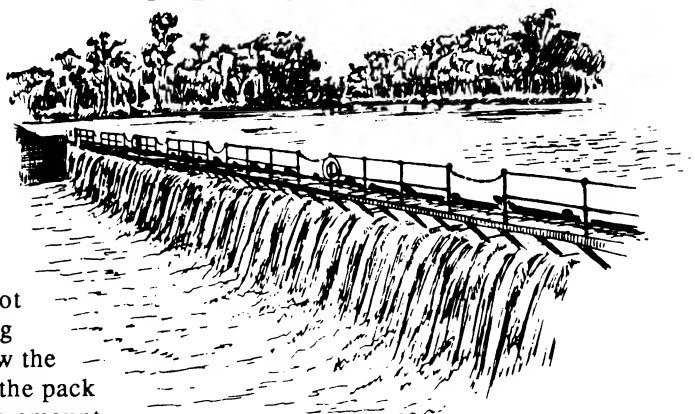
Landcare Australia warns that Australia's water quality is under threat and is calling on people to do more to improve the quality of our water by not tipping nasties down the gurgler. Landcare Australia is calling on people to take action to improve the quality of our water. They say that Australia cannot afford to end up like some overseas countries where water supplies are too polluted to drink.

Water quality is one of the most important environmental issues in Australia and the world. We are now facing a battle against many problems including the outbreak of highly toxic blue-green algae, salinity and pollution.

What is amazing is that some people still don't realise the pollution they can cause by putting substances such as car oil down the drain after changing their oil. For instance, just four litres of car oil going into a waterway can produce a two hectare oil slick. There seems to be a belief that run-off from rural lands is the main source of excess nutrients which cause algal blooms, but evidence shows that domestic households are a huge part of the problem. In some years, up to 50 percent of all phosphates that pass into our river systems come from domestic sewage. Studies have shown that be-

tween 30 and 50 percent of phosphates in domestic sewage come from detergents and cleaning products.

To protect waterways do not overuse cleaning products. Follow the instructions on the pack and use only the amount needed to be effective. This will help reduce the amount of nutrients discharged which in some circumstances contribute to algal growth. Dispose of motor oil at the local tip or take it to an oil recycling centre. Dispose of paints, strippers, brush cleaners and solvents by placing in tins stuffed with newspaper and taking to the tip or putting in the garbage bin. Compost food scraps and improve your garden soil as a bonus. Do the right thing and put litter in the bin - otherwise it will end up in our rivers. Use a broom instead of hosing paths and driveways down. Dispose of old milk and cooking oil by sealing it in a container and putting it in a bin.



As the warning comes, Landcare Australia has also linked up with the Royal Australian Mint to launch a special \$1 Landcare coin which features the Landcare logo and the theme of water quality. A practical guide to reducing water pollution at home has also been produced to generate funding for water rescue projects. The dollar coin is part of a six-coin collector's set and proceeds from the sales will go towards helping Australia's waterways. It is available by itself or as part of the six-coin set. The coin and book can be purchased from BBC Hardware stores. Proceeds will be channelled by Landcare into the BBC/Royal Australian Mint Clean River Project.

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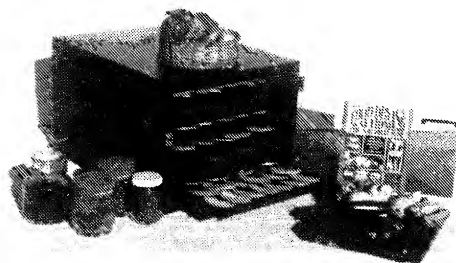
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GIFTS FROM AND FOR THE GARDEN

by Mary Horsfall, Longwood East, Vic.

One of the great joys of having a garden is in being able to share it. Swapping excess vegetables, cutting a bunch of flowers for a sick friend, propagating herbs for a charity street stall – these are all common and very satisfying practices for many gardeners. A friend of mine has an area she calls her 'friendship garden', a colourful, eclectic area in which she grows any plants/seeds/cuttings given to her by friends and family.

With a little planning and forethought your garden can also be the source of an almost limitless variety of gifts for Christmas, birthdays and special occasions throughout the year. These gifts will cost you very little in dollar terms, but the time, care and ingenuity you spend are priceless commodities and will be valued accordingly.

A lot of the preparation can be done throughout the year: drying herbs and flowers, making jams and preserves, propagating plants, collecting seeds. This will leave you with only the final assembling and presentation to be done in the few weeks before Christmas, or at any time of year for other special occasions.

PROPAGATING

There are a variety of wattles in bloom at this time of year, many of them easy to propagate from seeds. Collect the seeds as they ripen in the warmer weather. To speed germination put them in a container, pour boiling water over them and leave overnight to soak. Plant the seeds and you will have trees to give away for any occasion throughout the coming year.

In GRs 80, 81 and 82. Cecil Falls gave details of how to grow many native plants from seeds, cuttings, root suckers, layering or dividing. This latter is a very quick and satisfying method for those varieties which are suitable, and will virtually ensure that you have well-grown plants ready to give at Christmas. Many non-native plants will also divide readily, such as agapanthus clumps, dianthus, and many of the herbs.

If you have bulbs or corms growing in your garden, they often multiply prolifically, and clumps can be separated and potted to make beautiful gifts, especially if they are flowering at the time.

Many house plants can be readily propagated by cuttings or division. When I trim back such plants as Devil's Ivy and White Butterflies, I put the strongest look-



A basket of homemade goodies based on garden produce: jams, chutneys, herbal vinegar.

ing pieces into a jar of water where they quickly take root and can then be potted. Ferns which have outgrown their pots can often be successfully divided.

To individualise your plant gifts even more, they can be presented in a folk art or collage decorated pot, or in a handmade clay pot. See Bob McMahon's article in this issue for a fun way of making clay pots. Sian Landman-Leroux described how to decorate items with folk art in GR 86.

When giving a small plant, or one not in flower, it is a nice idea to include a photograph of your own plant in all its glory. This can be glued onto a card, which can also include details of any special care or planting out requirements, or culinary and medicinal uses if the plant is a herb.

SEED SAVING

If you have rare or unusual plants, or any which are particularly attractive, whether they be vegetables, native plants, annuals or others, the seeds themselves make a novel gift. Collect any seeds you can throughout the year, dry them, and store in labelled, airtight containers. You then have a variety to choose from and can present friends with your very indi-

vidual seed collection. Present them in hand-drawn envelopes depicting the mature plants or flowers, or in a handmade card, decorated with dried sprigs of the appropriate plant(s). Remember to include propagation instructions.

DRIED AND PRESERVED FLOWERS

Those fortunate enough to have flower-filled gardens have a plethora of gift ideas from which to choose. In GR 96 Rita Summers described how to dry and preserve many types of flowers. Following articles (GRs 99, 100 and 101) described many ways of using these dried and preserved flowers, including: making dried arrangements, Christmas ideas, table centrepieces, a decorative swag, decorated broom and decorated straw hat.

Potpourri

Potpourri can also be made from a variety of dried, scented flowers and leaves. Any pleasing combinations of herbs, petals, leaves, spices and fragrant oils can be used, so make the most of what you have in your garden. Jose Robinson gave directions and recipes for making potpourri in GR 89, and in GRs 95 and 96 Rita Summers gave her suggestions, including a variety of presentations and uses.

HERBS

As well as giving potted herbs, you can dry herbs and make them into cooking sachets such as the traditional bouquet garni (parsley, thyme, bay leaf), your own special blend, or small jars of specific herbs to suit particular foods such as basil for tomato and pasta dishes. This latter is a great idea for men who like to cook. Include a card with directions/suggestions for use.

Herbal tea can also be made from dried herbs, either singly, or in your own special blend. Try chamomile for tummy upsets, indigestion or insomnia; peppermint as a general pick-me-up, or for relieving nausea and headache; rosemary to soothe and relax; sage for mouth and throat infections, to aid digestion, or to reduce milk flow in nursing mothers. Be sure to include instruction for use. These may be typed or neatly printed on a card decorated with a sprig of the dried or pressed herb.

Herbal vinegars are a refreshing, low kilojoule substitute for salad dressings and are easy to make. Rosetta Berry's article in GR 100 gives directions.

DRIED FRUITS AND VEGETABLES

Attractively presented dried foods are an unusual and practical gift idea. Present them in clear glass jars, with a card containing suggested uses and recipes. Dried tomatoes, plums, apples or apricots are always versatile. They might not be in season to have ready for this Christmas, but plan ahead for occasions throughout the year, and dry enough to have some left for next Christmas (if you can hide them from your own family). Corrine Heitze in GR 101 gave details of how to do this.

HOMEMADE WINES

A variety of wines can be made from garden produce: vegies, herbs, fruits and flowers. The avid wine makers (and drinkers) out there have a ready source of gifts throughout the year. In GR 98 Leo Peterson gave directions for making three different wines, and in GRs 101, 102 and 103 Betty Culver provided instructions and recipes for fruit, vegetable, herb and flower wines.

PRESERVES

Jars of homemade jams, chutneys and pickles are always welcome. When you make them for your own family, prepare and store enough to allow for gift giving as well. Last year I was fortunate enough to have a bumper crop of youngberries in the weeks just before Christmas (They

don't usually ripen until the week after Christmas.), so some of the dozens of jars of jam produced were added to the range of homemade goodies in the Christmas hampers.

FRESH FOOD

If you simply haven't had time to prepare any of the gift ideas mentioned in this article, as long as you have a garden all is not lost. An attractively presented basket, even a box suitably covered, of freshly picked vegies, herbs and flowers is sure to please.

BOOKS

We receive many books at GR throughout the year. Some we review, others we simply don't have space for, excellent though they often are. Keen gardeners always appreciate receiving a book on the subject. The following titles will give you some ideas.

The Gardener's Year, edited by Meg Herd, Bay Books, RRP \$12.95

Bountiful Blooms - Preserving Flowers with Colour, Margaret Burch, Sally Milner Publishing, RRP \$39.95

Growing Into Gardening with your Children, Melissa McGroarty & Noelle Weatherley, Hyland House, RRP \$19.95.

Oriental Vegetables, Joy Larkom, William Heinemann Aust, RRP \$59.95.

The Australian Plant Finder, Frances Hutchinson, Simon & Schuster, RRP \$39.95.

The Healing Garden, Sue Minter, Angus & Robertson, RRP \$39.95.

The Magic Garden, Rhiannon Ryall, Broomtail Books, 171 Eaglehawk Rd, Long Gully 3550, RRP \$9.95.

Pressed Flower Art, Brigitte Eckardt, Sally Milner Publishing, RRP \$24.95.

A-Z of Companion Planting, Pamela Al-lardice, Angus & Robertson, RRP \$24.95

The Water Garden, Anthony Paul & Yvonne Rees, Angus & Robertson, RRP \$24.95.

Th Herb Garden, Sarah Garland, Angus & Robertson, RRP \$24.95.

The Low Maintenance Garden, Graham Rose, Angus & Robertson, RRP \$24.95.

Yes I know it's only October, but a little planning at this stage will alleviate the inevitable last minute Christmas gift panic. If you have read an idea that appealed to you, but you don't have the appropriate plant(s) in your garden, buy and plant some now and you will not be at a loss in the future. You never know, someone might give them to you for Christmas. Aim for your garden to grow to be a most valuable, versatile and personally satisfying resource.

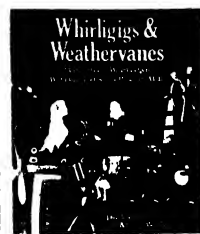
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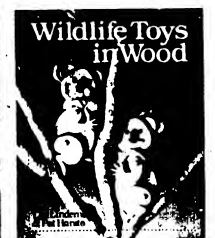
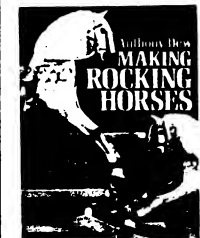
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WILDLIFE RESCUE

by Linda Gillbank, Bathurst, NSW.

Virtually since the beginning of human history, man, in some way or another, has been encroaching on wildlife, their habitat and their food sources. Modern man is certainly no exception and our native wildlife is falling prey to deforestation, faster vehicles, and armoury, at an alarming rate.

WIRES (Wildlife Information and Rescues Service) is a nonprofit organisation which exists in NSW and its highly trained volunteers are licenced to rescue, rehabilitate and release native fauna. If ever you come across injured, orphaned or misplaced wildlife do not hesitate to call your local branch of WIRES. If out of the NSW state there are similar groups operating in the same capacity. These groups can offer information and advice, or you may place the animal in their care.

Generally, you the public are the first line of defence in saving the lives of native animals which have been maimed in some way. So, you find an animal, bird or reptile, what next? If you can follow a few basic guidelines, your help may well be the deciding factor as to whether or not that creature is subsequently returned to the wild.

BIRDS

- Place in a box rather than a cage (to prevent feather damage) in a dark, warm quiet place. Any sick or injured bird is likely to be in shock.
- Do not handle or play with the bird.
- Provide a nonslippery floor for the bird, such as cloth or paper (not coloured as colour will sometimes leach).
- Keep children away. They cannot resist the temptation to touch and open the lid. Remember, *stress kills*.

Baby Birds

- Firstly, be sure that the baby bird is really orphaned. Many adult birds leave their young on the ground for long periods of time while they search for food.
- If there is a nest in the vicinity place the nestling in it but watch to see that the parents return to feed it.
- If you cannot reach the nest place the baby in a plant pot lined with paper towel or straw. Attach this to the tree, Again, watch to see that the parents return to feed it. Do not use containers without holes in the bottom; if it rains the inhabitant will surely drown!
- Alternatively, if you have no cats or dogs which can get into the yard, place

the baby outside in the open in its makeshift nest during the day and bring it in during the night. Again, you must check that the parents are feeding it. As soon as it is old enough let it fly off.

MAMMALS

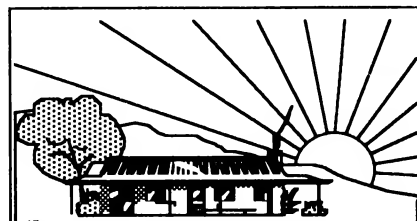
- If you come across a dead or injured mammal be sure to check the pouch. Under good conditions babies can survive several days in the pouch as milk production can go on for some time.
- If you find a baby wrap it in a towel and keep it warm. An unfurred animal needs to be maintained at approximately 32 degrees Celsius and a furred animal at 28 degrees Celsius. In an emergency put it under your clothing and use your own body heat, but beware of claws and teeth.
- Your next best move is to call WIRES. In the Central West Region the phone number is 063-311-066, or check the phone book for the branch in the area you are in. If out of the NSW state the local vet will know who to contact.
- Do not attempt to force feed any animal or bird and do not offer fatty foods such as milk or cheese or bread.
- You may like to offer boiled cooled water. Anything else may cause debilitating diarrhoea and/or death.
- If there are obviously broken limbs or wings try to immobilise the area by wrapping the animal in a towel to prevent the animal causing itself further damage. Above all else get the animal to someone who is trained in this field as soon as possible.

REPTILES

- Basically, leave them alone! Contact WIRES or National Parks and Wildlife who will send someone who specialises in this area. Remember, some snakes are venomous.
- If the snake is endangering life direct a cool stream of water onto it and leave a clear avenue for it to escape. Generally they will move on of their own accord.
- If the reptile is injured have someone watch it until help arrives, they are often very hard to locate if they move off.
- Do not antagonise the creature in any way.

There are other ways of helping native wildlife. Grow native plants in your garden. Not only does this provide shelter and food it also attracts birds to your garden. Put several bells on your cat's collar so it will alarm birds and prevent

the cat hunting successfully. Have cats and dogs desexed; the feral peril is upon us due to over-population of domestic animals which have been cast out. Keep dogs in a securely fenced yard at home and on a leash in public. If you see dead animals on the side of the road and happen to stop, remove the carcass so that carion feeders (or in the case of birds, the family) do not become endangered by venturing onto the road also. Be compassionate towards our wildlife or it will gradually become nonexistent.



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GRASS 9 ROOTS



THE BALM OF CASTOR OIL

by Jane Smith, Kilsyth, Vic.

Old-fashioned castor oil is enjoying a revival; it is good for the skin, hair, eyes, and for making warm and comforting poultices to wrap around aching joints, or even to lay upon the pain of a gallstone attack. And wasn't the small castor oil bottle with the eye dropper in the top always an important item on the operating theatre anaesthetic

trolley, back in the days of ether and chloroform anaesthetics? A drop of castor oil went into each eye just as soon as the patient was anaesthetised, to guard against the inflaming effect of the anaesthetic fumes. Castor oil had its place on many a girl's dressing table in those days and was used to smooth along the eyelashes when going to bed to make the eyelashes grow long and thick. It might have helped keep eye infections at bay too, since castor oil was said to be antibacterial in effect.

Was it castor oil that was known as Palma Christi (the Palm of Christ) in ancient times because it was known to soothe and to heal? Wine and oil were used to dress all kinds of injuries and abrasions. Wine would have made a good cleanser and disinfectant, and was the oil perhaps castor oil?

My grandmother used to say that castor oil regularly rubbed into dry areas of the skin clears them up after a while. But don't be too impatient, give nature time to work. Keep on with rubbing the castor oil into the dry spots every night for up to six weeks if necessary. Warts can't last

nearly that long if their air supply is cut off with the oil, they just smother right off you. She was right, they do. It's also good for using on the brown spots that come with ageing, Nan said, but that didn't interest me, old age would never happen to me.

Then there was the remedy for 'cradle cap' that babies got on their scalps; it looked so much like dirt, to the dismay of their mothers. Grandmothers were quick to offer comforting words along with the blue castor oil bottle. 'Just smooth a little of this castor oil onto baby's scalp after the morning bath, and wash it off with the evening bath, and that nasty scurf will disappear. Do it again for another day or so if need be, and if the cradle cap comes back some time, deal with it again in the same way.'

The castor oil pack, specially made to bring ease to painful joints, was something I tried out for the first time when I sprained a wrist while stringing together an old doll with strong elastic. The pad needs to be flannel, I remember, or soft wool fabric or even a handful of clean washed fleece, but make sure it's real wool. I laid a piece of flannel material, about a finger-length wide and 30 cm long on the table and sprinkled castor oil all over it. This I bandaged around the wrist and secured with a small safety pin. I covered the oily cloth with an elastic bandage since I was going to wear it to bed and wanted to protect the bed clothes. (A protective covering of plastic cling-wrap would have done the job, it's just that a supportive elastic over-bandage feels more comforting on a painful joint.) Next morning the wrist was feeling better and for three more nights I wore the castor oil pack by night and nothing on

the wrist by day. Healing of anything that's damaged seems to be more permanent if a treatment is kept up for a day or so after the injured part feels okay.

A friend who was suffering gall bladder pain while waiting for the operation that eventually cured the condition, told me that she found relief by making a large castor oil pack that covered her midriff section. She would lie down on the couch, with the castor oil pad laid on the painful area, covered with an old snuggle rug and a hot bag on top of that. She'd just rest and listen to soothing music and after a while she'd doze off and would wake feeling refreshed.

Our grandmothers knew castor oil to be cheap, safe and effective in a variety of situations. Try this soothing balm and find out for yourself.




SEED SAVERS' CONFERENCE

Once a year seed savers from all over Australia get together for a very busy day of swapping seeds and learning more about how to save them and how to garden in general. Each year the venue changes. This time the Seed Savers' Conference will be held in the Blue Mountains in Katoomba, opposite the scenic skyway and the railway, at the Christian Convention Centre where a permaculture garden will be made on the spot.

The conference will be on Sunday 30th October 1994, from 9 am till 5 pm. Bring your heirloom and rare vegetables to display. This year, Gardening Australia's Mary Moody will be amongst the speakers.

Everyone is welcome.

For more details contact: PO Box 975, Byron Bay 2481. Ph/fax: 066-856-624.



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DOMES

THE SHAPE OF THINGS TO COME

by Rob Lusher, Sylvania Heights, NSW.

No, it's not a yurt or a pyramid or an igloo, and it's certainly not a conventional box-like structure. It's called a geodesic dome and has been heralded as the inevitable future of housing. The dome is hardly a new concept in architecture. The earth, sun, moon and planets are round, flowers are round, dewdrops are round, heads are round (with some exceptions), almost all native and primitive structures are round. And who has not heard of the Roman Colosseum, St Peter's Cathedral or the Taj Mahal – architectural masterpieces all covered with domes?

ORIGINS

The name most readily associated with the dome is that of the late R Buckminster (Bucky) Fuller. The American inventor discovered that when a sphere's surface is subdivided into interlocking pentagons and hexagons the structure produced has a phenomenal strength to weight ratio. He discovered that the triangle was the strongest, simplest building element in all of nature and, when used to form a spherical shape, becomes the most efficient building design known.

BENEFITS OF DOMES

Maximum Useable Interior

The sphere is nature's most favoured and efficient means of enclosing space. A sphere encloses the largest volume of interior space and the largest amount of unobstructed floor area using the least amount of surface area. If you double a sphere's diameter it will quadruple the floor area and produce eight times the diameter.

Doing More With Less

The geodesic dome framework is a self-supporting free-span structure which requires no interior load-bearing walls or roof beams. The interlocking system of triangles produces the lightest yet strongest structure possible. Enclosing space with a minimum of surface area requires fewer materials for construction, resulting in the most energy-efficient and economical building system possible. In Bucky's famous words it is 'doing more with less'.

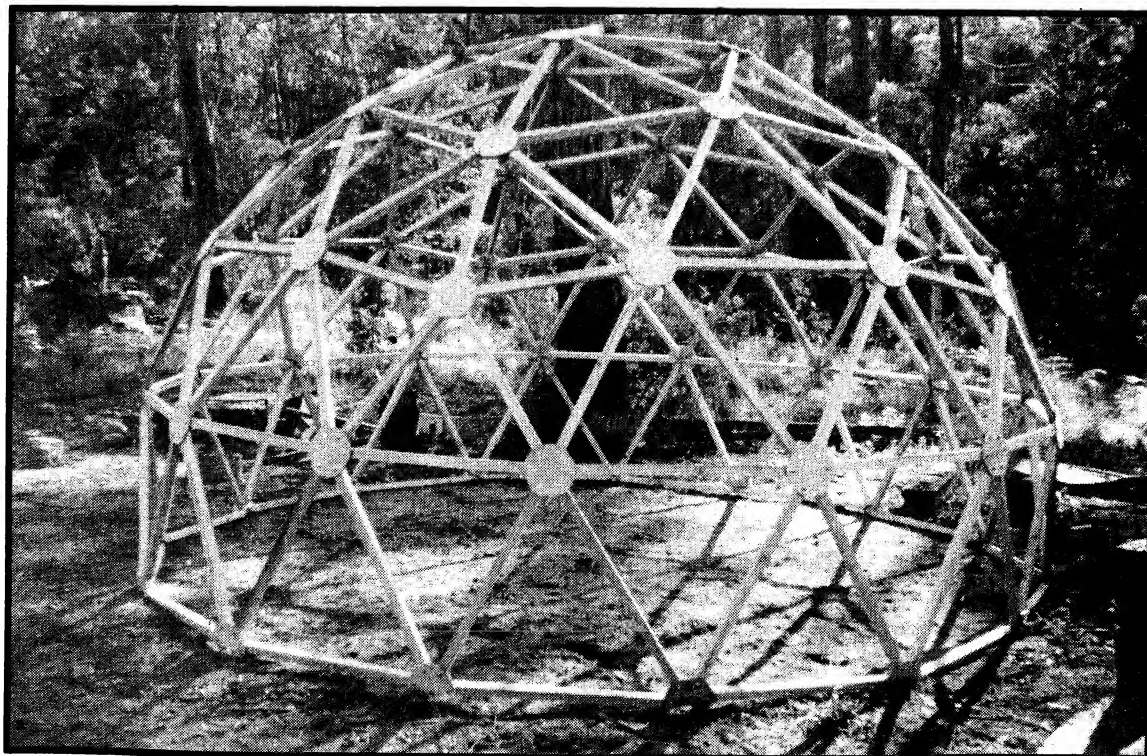
The triangular network of a geodesic dome is super-efficient in terms of material use. For example, to build a garden dome with a ten metre diameter requires

223 lineal metres of timber at 45mm x 45 mm. To build a gable-roofed shed with the same floor area of 75 square metres would require 451 lineal metres of timber, needing rafters of 100 x 50 and a ridge beam of 200 x 38. The surface area of the shed then needing to be covered is 190 square metres, whereas the surface area of the dome is only 113 square metres. The interior volumes are almost the same, the dome interior however being unobstructed by roof trusses.

As a cost comparison, the materials for the above shed frame would cost about \$1100, and for the dome \$800. Also, in spite of its simplicity, the dome is immensely strong and wind resistant. The garden dome has a structural engineer's report load testing each connecting node to carry six construction workers.

Strength and Stability

With its aerodynamic, triangulated shape the geodesic dome is the strongest shape against external pressures such as wind, snow load and earthquakes. Its astounding stability has been tested to withstand five times more stress than is required by building codes. Because the unique

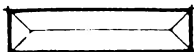


A five metre diameter $\frac{5}{8}$ sphere frame – the interlocking pentagons and hexagons (based on triangles) give incredible strength.

Given 100 Metres of External Walling:

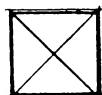
Rectangular floor plan

10 x 40 m
400 m²



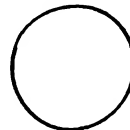
Square floor plan

25 x 25 m
625 m²



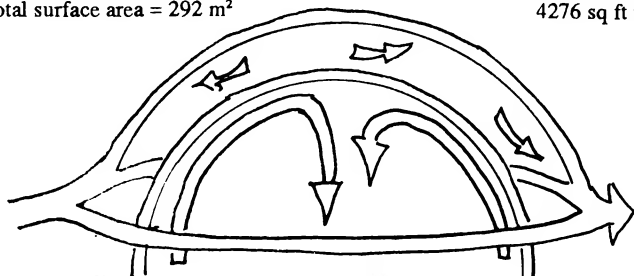
Circular floor plan

31.5 m diam
794 m²



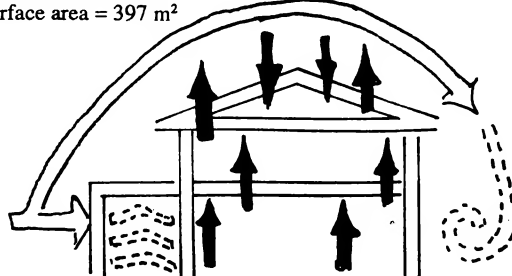
Geodesic Dome

45 ft diameter dome = 13.7 m
2221 sq ft total floor area = 206 m²
3139 sq ft total surface area = 292 m²



Conventional Home

24 ft x 62 ft home = 7.3 m x 18.8 m
2205 sq ft total floor area = 204.8 m²
4276 sq ft total surface area = 397 m²



curved surface of the dome acts somewhat like an aeroplane wing, domes are rated highly in resistance to wind loads. The harder the wind blows, the more force is exerted in holding the dome against the ground.

Energy Efficiency

Air circulates freely in a dome without obstruction or ceiling level heat build up. The ideal energy flow shape means that a dome uses 10 to 50 percent less energy to heat and cool than a conventional home. The geodesic dome is also aerodynamically clean. This means much less air in filtration, due to a smaller area of low pressure. There is also one-third less exposed surface area to heat or cool

which increases efficiency.

Ease of Construction

A geodesic dome is very easy to build. With many identical parts it can be prefabricated and erected by unskilled workers. The basic shell is very light and can be erected quickly without special equipment.

Unique and Versatile

Because domes are free-span structures, interior space can be divided as you wish and the design is only limited by your imagination. Windows needn't be square holes in square walls. With vaulted ceilings, exquisite symmetries and tremendous spaciousness, the dome inspires creativity and expansion.

Health

Aesthetically, the dome is a pleasure to behold. It is a simple, natural, very harmonious shape and blends in well with any environment. After all, there are no straight lines in nature. How unnatural then to live in a box! The womb-like interior of a dome creates an inward focus of centredness, freedom and tranquillity. A dome has no corners to hide in or be pushed into!

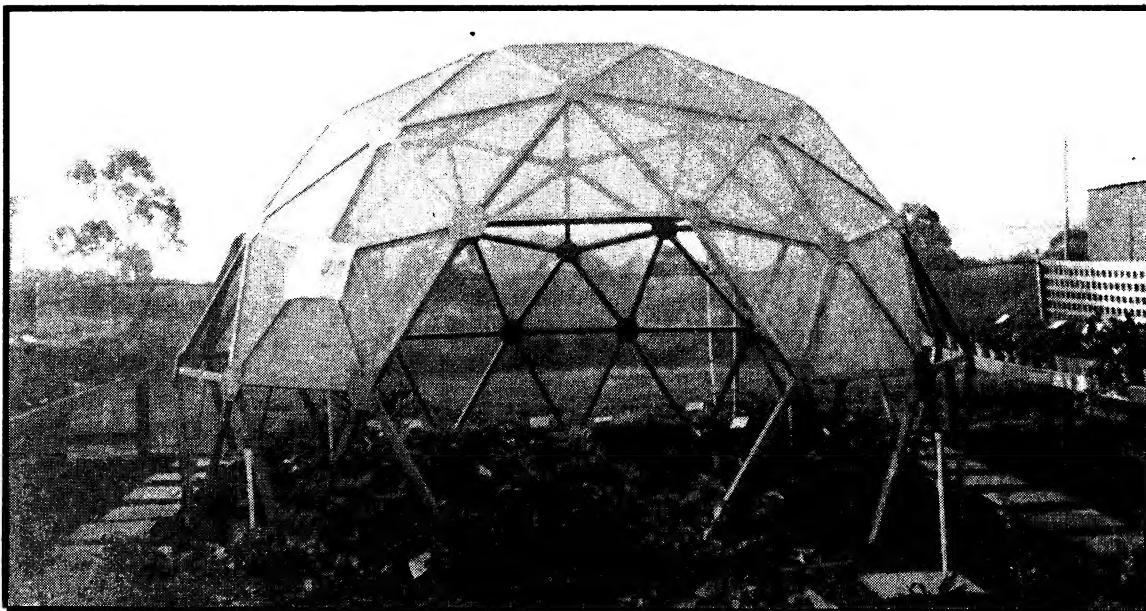
TYPES OF DOMES

I have had a passion for domes for over 20 years and a couple of years ago I decided to make a business out of this interest, and thus started The Dome Company. I have designed, and can prefabri-



Four metre diameter Home Dome covered with asphalt shingles.

GRASS 12 ROOTS



Even your plants will love the ambience of a dome covered in shade cloth.

cate and erect a variety of domes.

Home Dome

The Home Dome is a fully insulated habitable dwelling, stylishly finished on the interior with tongue and groove pine lining and covered with ply and long-lasting waterproof asphalt shingles. In a different method of construction to the Garden Dome, the Home Dome is prefabricated into triangular panels with the interior lining already attached to a 70 x 45 pine frame. Hexagon and pentagon clusters are bolted together along their angled edges and usually mounted on a timber floored platform. Heating and cooling are easily affected by bottom opening triangular vents or conventional dormer windows, and sliding window panels in a top cupola. Again, this 'panel' system has a structural engineer's report and has been approved by several city councils.

Shade Dome

The Shade Dome is constructed in the same manner as the Home Dome with prefabricated triangular frames being bolted together along their sides in pentagonal clusters. Because of its smaller (five metre diameter) size it utilises a simpler geometry and can be truncated as a hemisphere, unlike the larger domes which truncate at a $\frac{3}{8}$ or $\frac{5}{8}$ level. A 2.5 metre height allows for the fitting of a conventional rectangular doorway. The Shade Dome can be bought in a prefabricated form already covered with woven 75 percent light-resistant cloth, or can be purchased in kit-set form and covered by the owner with a material of choice. It can be used as a vegetable

garden cover, conservatory, hothouse, kid's cubby house or mosquito-proof barbecue/recreation area.

Garden Dome

The Garden Dome is a triangular framework made of 45 x 45 mm timbers bolted to galvanised steel hub plates. For domes of up to five metres diameter, treated pine may be used, and we have built $\frac{3}{8}$ sphere domes of 10 metre diameter using local hardwood species. It is available in any size from three to fifteen metres diameter and can be covered with a variety of materials including shade cloth, netting, plastic or plywood. It can be used as a shadehouse, pool cover, gazebo, bird aviary or garden cover.

The dome frame is easily erected in one day and is available in a kit-set option for the do-it-yourselfer.

OWNER-BUILDER OPTION

The Dome Company also offer an option to potential owner builders of purchasing a comprehensive manual on dome building entitled *All About Domes*. This manual provides step-by-step instructions on how to build a variety of different geodesic dome systems and is precluded by an easy-to-follow section on dome geometry and model making. The manual is available for the price of \$30 (including postage and handling). To accompany this manual we also offer plans for the Garden Dome and Home Dome systems along with a structural engineer's report for \$250.

POPULARITY

In the US recent years have seen the resurgence of 'Superdomes' used to cov-

er massive stadiums; the biggest to date being the Louisiana Superdome in New Orleans which is a 210 metre diameter circle with a height of 82 metres able to seat 88,000 people.

Domes which are air-supported, concrete, fibreglass, aluminium, steel or wooden are being used as sports arenas, warehouses, restaurants, halls and even churches. In the US alone over 300,000 residential domes have been erected by kit-set manufacturers or as owner-built homes, many of which have won awards for energy efficiency.

WHY LIVE IN A DOME?

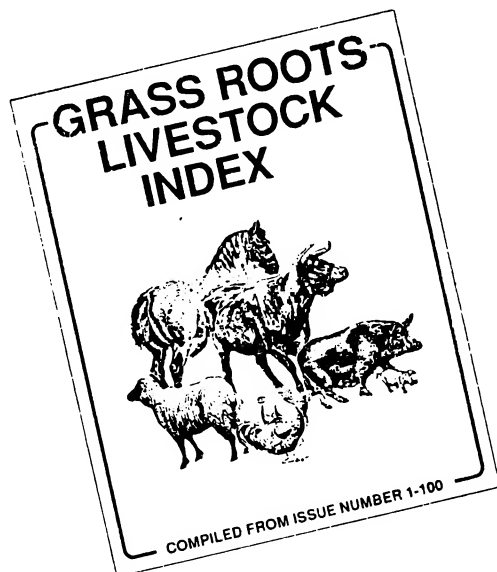
In conclusion, the geodesic dome is strong, durable, versatile, spacious, energy-efficient, beautiful and healthy. In spite of hearing this, an interviewer once told Bucky Fuller that he wouldn't like to live in a dome. Amazed by this statement Bucky said, 'You've been living in one all your life,' and tapped him on the head. The question might rather be, 'Why live in a box?'

For all enquiries about domes contact Rob Lusher at: The Dome Company, 147 Edward St, Sylvania Heights 2224. Ph: 02-522-6283.

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In the historic town of Maldon in central Victoria, from 28th-31st October, features include concerts, bush dance, workshops, market day, yarn event, children's attractions, and much more. Dozens of performers. Camping available. For details of events, costs, ticket booking, contact: Maldon Information Centre 054-752-569.

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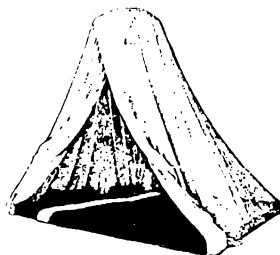
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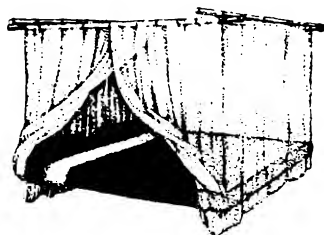
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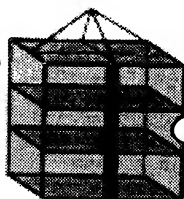
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AN INTRODUCTION TO DUCK RAISING

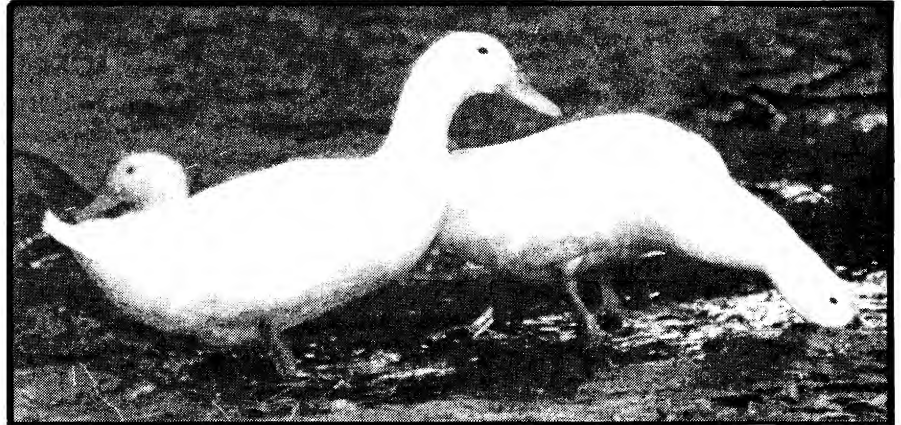
by Angela Kennedy, Mt Dandenong, Vic.



You may choose to keep ducks for any number of reasons. You may be tired of hens, want eggs for cooking, have seen ducks at a lake, or know a friend who keeps them. You may be wanting to expand on your present range of animals, or may have bought a property with a dam. For whatever reason you wanted them, your new bird population will become companions and a part of the family, as they are quick to endear themselves with their unique behaviour. There are several breeds to choose from, so select the breed that best suits your purpose, be it eggs, meat, or simply as a pet.

There are some basic requirements necessary for keeping ducks which differ somewhat from those of hens. Ducks need water constantly, which is a commitment, and is difficult if there is no one home for long periods who can change it. In this situation, an automated system would be needed. They cannot eat if they do not have drinking water, so if you cannot meet this requirement you may have to consider keeping another bird. Large plastic containers are well suited to this purpose and must be large enough for the ducks to be able to dip their heads in the water. Ducks also need a fairly large area to range in, otherwise they will wander seeking new food. I have found that this only happens when the ducks have been allowed to eat every bug and snail in the garden and take it upon themselves to explore beyond their normal reaches.

Unlike chickens, ducks are essentially grazing birds in that they eat grass and other plants. They also need other food and can be fed most types of chicken food including crushed maize, wheat and rice, which are available from any produce store. The rice is expensive, so use it as a treat or only feed it to them once a day. It can also occupy the ducks for a while if you scatter it on the ground, as they have to search for it. Kitchen scraps can be fed to the ducks, but in my experience it is not a great success. Avoid hen layer pellets as these contain nutrients and chemicals suitable for hens, but not for ducks. I am currently trying to determine whether my



Pekin ducks dabbling in a pool of water.

ducks are somewhat hyperactive because of these chemicals, which are harmless and beneficial to hens.

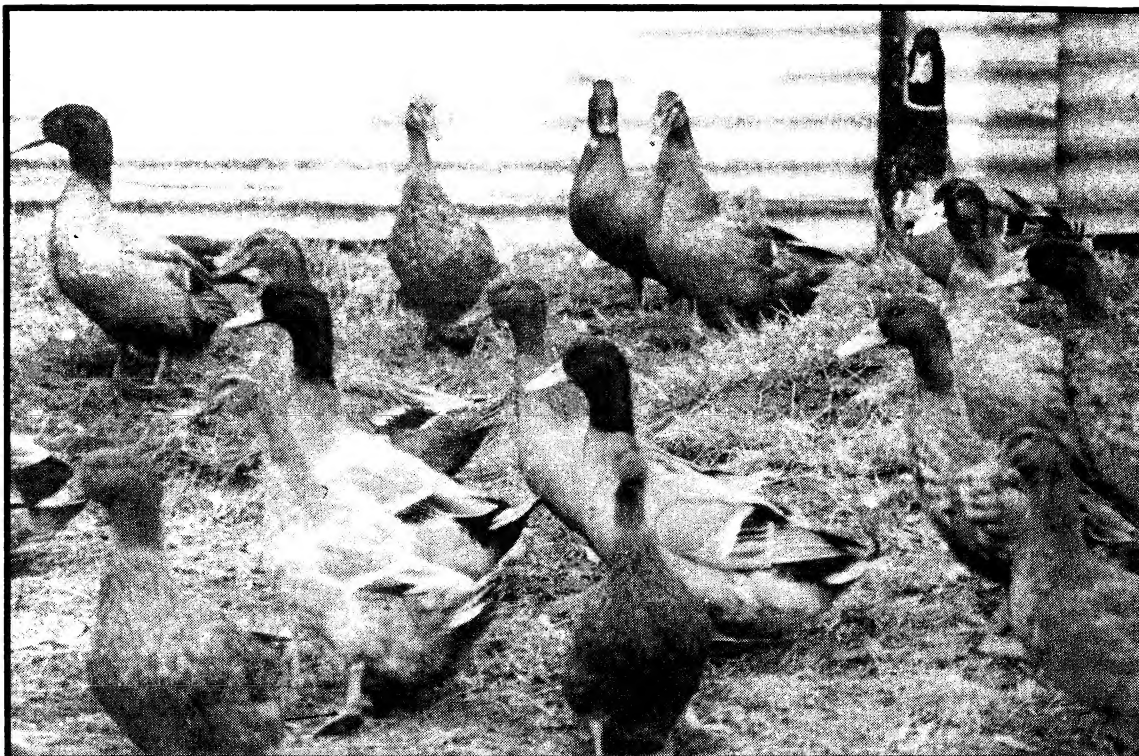
Ducks need to be housed properly for their own safety. If you have a fox or dog problem in your area, you will need a very sturdy fox-proof cage which cannot be tunnelled under or broken into. This is achieved by burying 20 centimetres of the cage into the ground, with a layer of chicken wire firmly attached to the bottom perimeter. Soil is then added to the inside of the cage, so that there is a natural dirt floor for the ducks. This also makes the cage easier to clean than a concrete or wooden floor. Screenings for drainage work well, with straw on top for bedding. A concrete pad or an area of concrete blocks for the water containers is efficient and clean. If you already have a cage, make sure foxes and dogs cannot pry their way in under any circumstances. Our chickens were attacked by a fox which somehow lifted up the nestbox lid used to allow us to collect the eggs! A hungry fox can be very persistent.

When looking after any animal, it is important to have a daily system or routine. This can also be important for the ducks' safety if you do not have a permanent run or closed in area that the ducks can be let into during the day. The ducks can wander about within your fenceline, and in my experience do not stray beyond this line, even when presented with an opportunity such as an open gate. The

ducks can be trained to return to their house when it gets dark. In my ducks' case, this was achieved by shepherding the young ducks back into their cage at dusk so that after a few repeats of this somewhat chaotic exercise, they finally got the idea. Ducks cannot 'jump' in the same sense that chickens can, so you may have to provide steps for them. A door on the house at floor level works best.

Depending on when they were hatched, ducks can lay eggs for most of the year. Duck eggs have a reputation for having a 'strong' taste, which could be largely due to a person's subjective reaction to a 'natural' egg from a free range bird. They have a taste similar to hens' eggs and because of their thick texture they are great for cooking. You do not need to keep a drake to get eggs from a female. Duck eggshells are very porous compared to hens' eggs and can absorb materials from whatever they are sitting in, so make sure you collect the eggs often and always clean them gently, without soaking them. Some breeds of duck tend to lay their eggs wherever they like in the garden or run, so discard any eggs that have been sitting in strange places such as mud or dirty water for an unknown time.

When the breeding season arrives (October/November in the natural world), you must decide whether to let your family of ducks breed. (You will need a drake and a duck to breed, of course.) Some breeds of duck, such as Pekins and Khaki



A flock of Khaki Campbell ducks, the drakes being distinguished by their dark heads.

Campbells have a reputation as notoriously bad mothers, in that they either ignore the fertile eggs or abandon the ducklings. However, I have found none of this to be true with my Khaki Campbells. If your duck does decide to abandon her eggs, you will have to incubate them yourself, which will mean buying an incubator with changeable settings of temperature and humidity, because duck eggs have different requirements from hens' eggs. Hens can sit on duck eggs quite successfully, but other birds usually object to ducklings in the same cage.

Pekins and Campbells usually sit for 28 days but can go to 31, and Muscovies for 35. While the duck is sitting, you will still have to provide enough water for her to get her feet wet once a day, as this is

essential to maintaining the right humidity level for the eggs.

Ducklings are extremely hardy little things for day-old creatures. They are at their peak learning period 15 hours after they hatch, so do not separate them from their mother during this time. New mothers can be extremely protective of the youngsters and I received a severe peck on the face for trying to examine the ducklings for shell injuries or defects. After some of the ducklings are hatched the mother may continue to sit on the remaining eggs and ignore the babies. The chances are that these eggs are infertile or bad, so remove them after several ducklings have already hatched. The mother will then give all her attention to the babies. Ducklings are fed on starter crum-

bles for the first few weeks, then graduate to crushed maize and grain mixes.

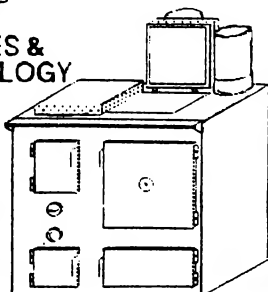
As I have mentioned, ducks are a commitment and require a lot of attention. If you are prepared to put in the effort, you will be rewarded with healthy birds that will bring many hours of pleasure and amusement. They will fertilise your garden and control insect and snail populations and supply you with as many eggs as you need each year. They learn routines quickly and want to keep to them – this distinguishes them from hens. Ducks have individual personalities and can have their own ideas about how your daily schedule should be run, so be sure to tell them who is boss. And lastly, happy ducking!

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VACCINATION – YOUR CHOICE

by Mary Horsfall, Longwood East, Vic.

THE ARGUMENTS

I must begin by clearly stating that I have no qualifications at all to offer advice on this subject and will attempt to refrain from doing so. However, as a parent, and having read numerous letters and articles on both sides of the debate over many years, I see that there is a need to clearly set out the pros and cons in an unemotive, unbiased (I hope) way.

It is very difficult for parents to make a decision on whether or not to vaccinate their children when emotional rhetoric is engendering worry, guilt and confusion. On the one hand we are being told that we are irresponsible and exposing our own children and the wider community to the risk of infectious diseases if we don't vaccinate. On the other hand we are told of the risk of dangerous side effects from the vaccination itself.

The confusion becomes even greater when both sides seem able to quote figures in support of their own point of view. When I was at high school we studied a book called *Clear Thinking*. I always remember a quote from this book which I think applies here, and which I apply (perhaps too cynically?) to many figures quoted at the public by politicians and economists: *Figures can't lie, but liars can figure*. In other words, anyone can manipulate any set of figures to 'prove' anything they want to prove.

Of course, a further complication arises regarding the matter of homoeopathic vaccination, with many anti-vaccinationists regarding it as a safe and effective alternative to conventional vaccinations, whilst the pro-vaccinationists question both its safety and its efficacy.

On what then is an ordinary lay person to base his/her decisions? I think it comes down to reading widely and using our own common sense with regard to our own circumstances.

I have reread most of the material we have received at GR over the years, summarised what I believe to be the main arguments used by proponents of both sides, and set them out adjacent to each other for clarity. The side labelled pro-vaccination refers to proponents of conventional vaccination programmes, while the anti-vaccinationists generally (but not always) support homoeopathic vaccination as a viable alternative.

Pro-Vaccination

Vaccination is responsible for the reduction of incidence of, and deaths from, certain diseases. If large numbers of people choose not to vaccinate, these diseases will again become rampant. The eradication of smallpox is cited as the ultimate proof of the efficacy of vaccination.

Homoeopathic vaccines, often seen as an alternative to the injected vaccines, are made from infected body fluids and therefore may be unsafe.

Non-vaccination will lead to epidemics. Cite periodic whooping cough and rubella epidemics saying that non-immunisation of children is a factor in the epidemics and that disease incidence will worsen if more parents decide against immunising their children.

Babies under one year old are most at risk from whooping cough and should be immunised for their own protection and that of the wider community.

Claim the relative safety of vaccination. Give figures showing a low incidence of deaths or harmful side effects. The risks from contracting the disease far outweigh any risk associated with the vaccination.

Question the whole basis and efficacy of homoeopathic vaccination. Cite a lack of scientific research.

Anti-Vaccination

Deaths from most of these diseases were on a steady decline since the 1920s, because of improvements in health and sanitation, whereas vaccination programmes did not begin until the 50s and 60s. Thus, vaccines are not responsible for the decline, but may in some cases have reinforced it. Bubonic plague, for example, has died out without any vaccine having been developed.

Conventional vaccines are made from animal and/or human viruses and preserved in aluminium, formaldehyde and mercury. Also, the injection method of application is unnatural, not corresponding with the way the body normally encounters infection, via mucosa, and therefore not fully involving the body's immune system.

Claims of 'epidemics' are unproven or exaggerated and many immunised children and adults also contract the diseases, indicating lack of vaccine effectiveness.

There is a high adverse reaction to whooping cough vaccine in babies under six months, and a lack of vaccine effectiveness.

Claim a higher incidence of harmful side-effects than is shown in official Health Department figures. Cite the danger of long-term effects on health, to the immune system in particular. Possible link with AIDS. An increased risk of serious side effects if children are unwell or undernourished at the time of vaccination. Exposure to childhood disease occurs normally at periodic intervals, not simultaneously and in a short space of time, as vaccines are given; thus placing an unreasonable demand on immature immune systems.

Claim that 200 years recorded clinical experience of homoeopathic vaccination vindicates it as being safe and effective. State that conventional vaccination has never been subjected to 'double-blind' testing.

THE ARGUMENTS (continued)

Pro-Vaccination

Homoeopathic vaccine kits sent through the mail are subject to extremes of temperature which may affect their potency (which is regarded as questionable in any case). Also, there may be a lack of adequate directions, or the possibility of misunderstanding of directions.

Regulations should be tightened to encourage more parents to vaccinate their children. For example: kindergarten/school exclusion for non-immunised children as non-immunised children put others in the community at risk.

Anti-Vaccination

Some vaccines (notably that for rubella) are very temperature sensitive and are often ineffective through improper handling. If there is no local homoeopathic practitioner, mail order kits are a legitimate alternative.

Parents have a right to make an informed decision in matters concerning their own children's health and they and/or their children should not be penalised for so doing.

WHICH CHOICE?

Whichever choice you make, it is vital to ensure your child's immune system in general is as strong as it can be. For young babies still being breast fed, ensure that the mother's diet is well balanced and contains a variety of the vitamins and minerals known to have a positive effect on the immune system. Advice about boosting your immune system is discussed in more detail in GR 86 (p27-9). Briefly, the important vitamins are A, B complex, C and E, and the minerals are copper, iron, magnesium, selenium and zinc. GR 86 contains a chart showing which foods are the best sources of immune-boosting vitamins and minerals. Older babies will benefit from being trained from the beginning to enjoy a healthy diet rich in these foods.

If you have decided to follow the recommended vaccination programme for your children, increased supplements (especially vitamin C) just before and after the children have their injections are recommended by many natural therapists, as a means of reducing the risk of

side effects. It is also recommended that if a child is temporarily unwell, the vaccination should be postponed.

No one can guarantee the good health of our children. Life holds no such guarantees for any of us, but if we take the trouble to make an informed decision and to boost our children's immune systems in the ways available to us, we have done our best.

This article is but a brief summary of the main arguments. There are many more informative books available for those who want to have a more in-depth understanding of the issues.

Recommended Reading

Vaccination - A Review of the Risks and Alternatives, by Isaac Golden, available from PO Box 155, Daylesford 3460.

Protect Your Child, a leaflet available from the Qld Dept of Health (possibly other states as well).
How to Raise a Healthy Child...In Spite of your Doctor, by Robert Mendelsohn SMD.
Wellbeing Australia No 18, 'Immunisation Right or Wrong?'

GR 49 contained two useful articles and a recommended reading list.

CONTACTS NSW

It is our sad task to inform readers who replied to 'Morgana's' contact ad in GR 102 or 103 that Morgana has died suddenly. Her family requests that no more replies be sent. People who have written recently will have their letters returned in due course.



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LIVING COMMUNITIES

HOUSING DEVELOPMENTS THAT START WITH THE PEOPLE

by Sa Gunn, Castlemaine, Vic.

Americans call it cohousing (a word coined by McCamant and Durrett based on the Danish experience), in Denmark they are Bofaelleskaber (living communities), and in Holland, Centraal Wonen (common housing). In Australia there are communities developing with similar aims. The village lifestyle is a commonly sought after ideal; houses centred around a meeting place where neighbours have time to stop for a chat. Instead, when we go looking for real estate, we find subdivisions dominated by the car, with pockets of greenery occupied (but seldom shared) by humans in between. And for this we pay nearly half our incomes. But dreaming of a supportive community while we pay back the bank for a three bedroom house in the suburbs will not get us there. If we want our housing done right, we have to do it ourselves!

In rural areas of Australia planning schemes are based on retaining the farmland intact. Increased housing densities are allowed for extended families, but discouraged otherwise. In the old days, a farm would house not only the extended family, but household servants, farm labourers and their families as well. The homestead was the centre of a sort of village, whose residents would often share meals. Not many farms are doing so well these days and with the advent of the car it is no longer necessary for people to live where they work. But we still need to be part of a sharing community, preferably one where we can get around by bicycle or community transport and reduce reliance on private cars.

The days of the extended family are over. Even the nuclear family has been largely replaced by single parent households and blended families. Older people should not be forced into retirement villages just to be in a smaller house, when they would rather be part of a community where children play.

Cluster titles were introduced by Victoria to increase housing density in the suburbs while also providing communal open space and other facilities. *The Model Cluster Code of 1979* offered guidelines for siting, carparking and shared and private open space, but gave every house an attached double carport. By contrast, a Danish architect noted that wherever residents have participated in the design of cohousing, they have restricted cars to the edge of the site. Creating a safe play area for children is more important than bringing the car to the door, as it gives peace of mind.

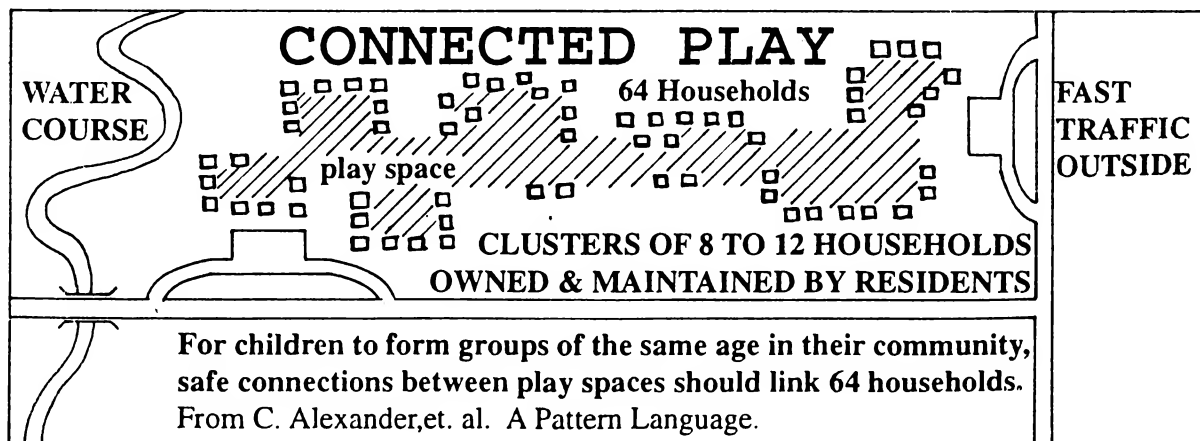
Multiple occupancy communities in NSW have been developed by the residents for themselves. Some have been carefully designed with permaculture and ecological principles as constraints. However, without subdivision of residential lots, communal ownership can create difficulties. Local councils have to use new criteria to determine rates for multiple occupancies to cover council services. Realistic house valuation (when the community owns land) can be difficult for those who want to sell out.

Cohousing provides individual ownership, generally through community title subdivision. It allows diverse possibilities for community size and struc-

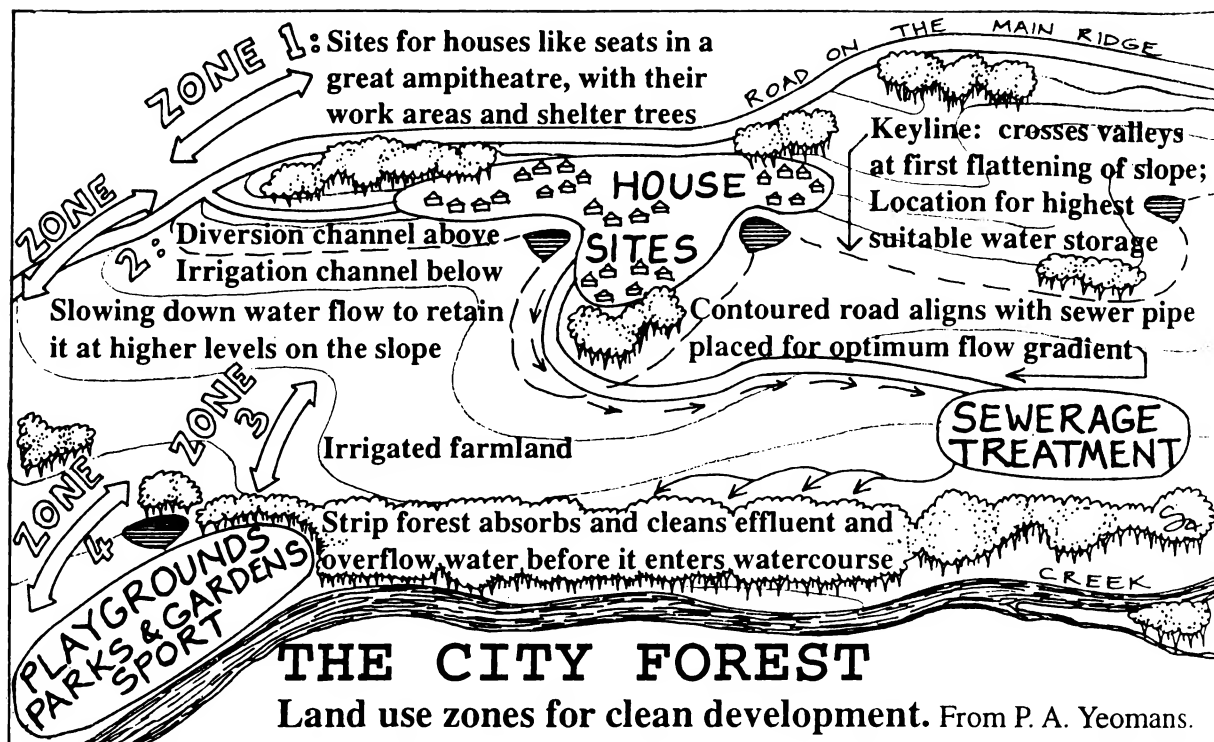
ture. Cohousing in Europe and America is usually on the fringe of a city or small town, providing medium density housing. Australian examples of community title developments so far indicate that as well as suburban developments along the lines of the overseas models, we will also see more rural cohousing developments. Principles of land use planning such as the city forest (the Keyline plan for the human environment revolution), which have been largely ignored by conventional developers, surveyors and town planners will become more likely. People here have already started to take housing development issues into their own hands.

A village farm near Seymour, employing a farm manager, has a community swimming pool, tennis court, games hall, stable and putting green. A permaculture community at Nimbin ensures solar rights for neighbours, makes residents responsible for invasive plants originating on their land, and is the first subdivision approved by Lismore council where residents may install stand-alone alternative energy systems instead of being subject to compulsory grid connection. A high density sustainable model village in Queanbeyan has been in the planning stages for 10 years and is now about to be built.

Unlike other subdivisions, cohousing also offers possibilities for rental. A Danish community invited a nonprofit housing organisation to provide 10 houses for rental within their 20 house development. Their subdivision was at first rejected by the local authority, but when



A suggested design for safe connected play space linking 64 households.



Cohousing allows for land management in which housing clusters, farmland, garden, bushland and facilities are integrated according to the constraints and features of the site.

the future residents appealed they could see no valid reason to refuse it and it was allowed to proceed.

Cost savings can be achieved in cohousing developments by utilising standard plans for houses of each size. Flexibility is possible with alternative entry door positions to adjust the arrangement of bedrooms and bathrooms to suit household size. Individuality is more obvious if the buildings are owner-built or if houses are built to lock-up stage and finished off by the owner.

Overseas experience has shown that cohousing communities are a safe housing investment, and units put up for re-sale are in demand. Design principles for new cohousing developments can take advantage of concepts developed for eco-

logical developments in Australian conditions as well as village patterns that have been found to work overseas. Common parking areas generate possibilities for car pooling and shared automotive workshops or carwash areas. Kitchens facing onto communal areas have been found to work best as this encourages social interaction.

Cohousing opens up possibilities for better land management, allowing a greater proportion of land to be left to farming, wetland conservation or bush corridors as a result of denser housing clusters. Children benefit from safe play areas connected with other houses. Single parents benefit from having close neighbours when the children are asleep. And everybody benefits from commu-

nity gardens and orchards and the sharing of common dining areas and recreational facilities.

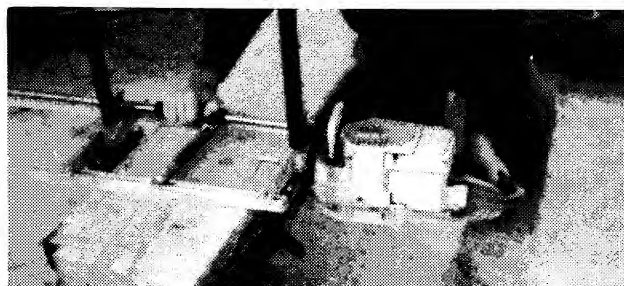
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The City Forest, The Keyline Plan for the Human Environment Revolution, P A Yeomans Sydney 1971.

Architecture and Community: Co-Housing in the Netherlands, K Dovey & C Cooper Marcus. *Architecture in Australia*, December 1990.

Sa Gunn is an architect in Castlemaine, Vic. Her interest in communities goes back to 1973 in Nimbin where she has a share in a large land co-op. She has established an inner city shared household in Parkville, successfully operating for 10 years. Currently she is looking for like-minded people to work on a cohousing type community outside Hepburn Springs. Contact: Sa Gunn, PO Box 3, Hepburn Springs, Vic. 3461.

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CLAY FOR CRAFT AND COOKING

by Bob McMahon, Bauple, Qld.

Clay has a multitude of uses, from craft to cooking ovens, and it needn't be an expensive activity requiring lots of specialised equipment. Try some of these simple, costless, fun ideas next time you go camping or have an outdoor fire at home.

INSTANT POTTERY

Instant pottery doesn't appear to be in the text books. Any old clay will do, even if it has a few tiny pebbles. Collect the clay from dam, river, building site, side of the road, under your vehicle's mud guards perhaps.

Pound and roll a fist-sized ball. Drop it in sawdust (not the splintery kind). Saw-mill sawdust is usually good enough. Work bench, chainsaw sawdust or fine powdery sawdust is good. Lawn clippings (not too long) or even dried horse droppings will do as well. Roll the clay in sawdust. Knead thoroughly, tossing any little stones out. Roll the ball again in sawdust, knead again.

Make a sculpture of the solid type, no spindly legs and not too flat. A buddha, a head, or an animal (with tucked or stumpy legs), perhaps a thick plant pot with sculptures on it, but keep it simple first try. Have a barbecue on an open fire (vegetarian is my preference). A closed barbecue will do. Carefully toss your wet sculpture into the middle of the roaring fire. I've never known one to explode or split, but it could happen, so take care. Build the fire up.

Next morning you will have a colourful finished pottery sculpture sitting in the ashes. It will have cracks probably. Accept them or fill them with a putty and paint. It cost nothing and it was fun. Use any wood fire. Stoves are good, or use a rusted drum.

ADVANCED INSTANT POTTERY – NO COST NO KILN

Prepare your clay in the same way as previously. Make your sculpture. Use a bamboo skewer or the top of an old biro and a paint brush for tools. This time you let it dry thoroughly, approximately one week. Use old bricks, brick rubble and/or a grate to stand your pottery on after covering the stand with sawdust. Heap sawdust all over the work or works. Light a small fire on top with leaves and twigs and leave the sawdust to smoulder for about eight hours. When the black pot-

tery is visible and still warm sprinkle twigs all over it and build a fire which must get roaring hot. In the morning you should have colourful, intricate (if you have skills) crackless pottery sitting in the ashes.

Experiment. If you put a lot of sawdust in with the clay at the start you will have a very porous product which could be carved, glazed and fired again in a regular kiln. Make porous bricks this way and, of course, you have made fire bricks with which you can make a regular kiln – gas, oil, or electric if you have the know-how.

OVENS AND COOKING

One of the best products you can make by the above process is a Chinese cooker. Prepare your clay rolled in sawdust as mentioned. Make a flower pot; the fat coil method seems easiest. Place wet newspaper inside to thumb height. Make a chunky pancake with holes in it. Place that on top of the paper. Join the pancake to the sides of the pot with a coil of prepared clay and sawdust. Cut a mouth. Carefully remove the paper and join the pancake to the walls from underneath. Use the end of your paint brush if your fingers won't reach.

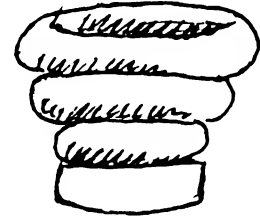
Sculpt a face or the mouth of a creature. Give it ears or limbs for handles. Cut three loops out of the top. Dry one week then fire as explained.

When fired point the mouth at prevailing wind. Place twigs and leaves inside and light a fire. Place a frypan, wok, saucepan, billy or barbecue plate on top and you're cooking on clay at no cost. The cost to the environment is minimal compared to cooking on gas or electricity. Make several for the backyard. Take them on picnics. They make a safe fire, but they are breakable (make more).

Quite elaborate sculptures are possible by this method. Use different coloured muds before firing for some magic natural colours. I once sculpted a gas kiln by this method inside an old shed, without burning the shed down! It looked something like the accompanying drawing and stood about hip high. It did crack, but I plugged the cracks with fresh clay and sawdust. A bread oven could be made the same way. Clay and sawdust makes a great internal lining for drums for stoves and ovens.

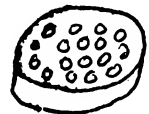
Chinese Cooker

fat coils smoothed together by wet fingers

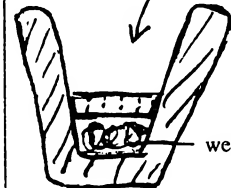


chunky pancake base

chunky pancake with holes

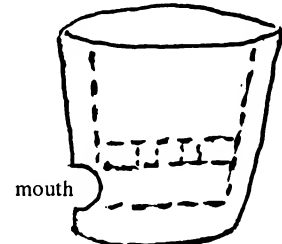


side sliced view

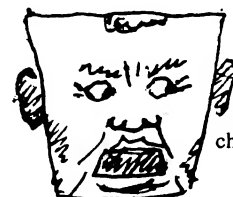


wet newspaper

cut with bamboo skewer, using sawing motion



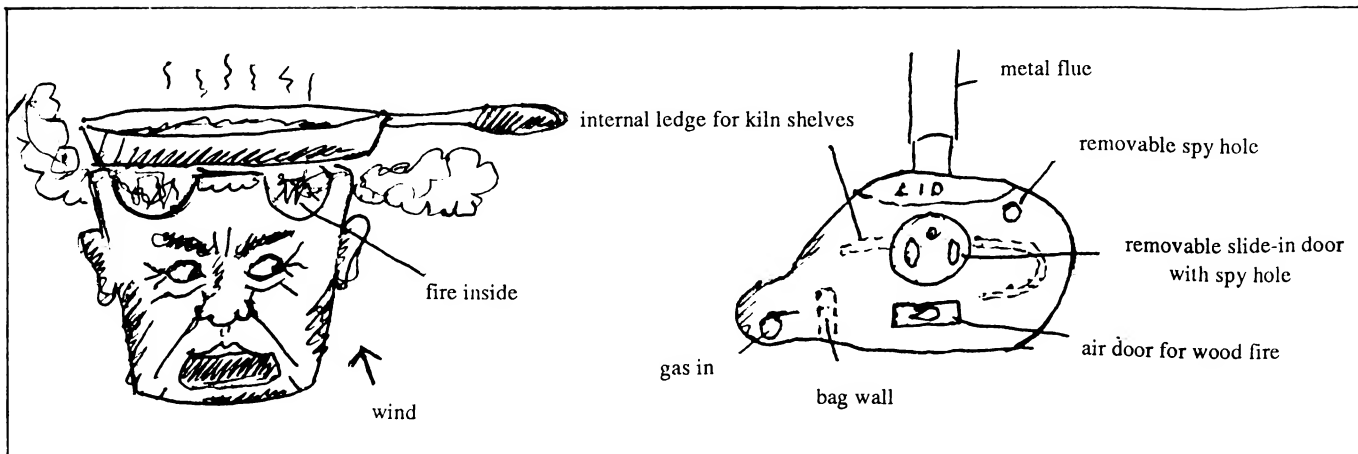
mouth



chunky ears

cut loops, leaving three level stands





Another method, which I have not yet tried; would be to sculpt a kiln or oven in the shape of an animal, or anything, then slice it carefully into irregular large bricks which can be mortared back together like a jigsaw with clay and sawdust after firing. The first use of the kiln or oven

would fire the mortar. A large barbecue could be sculpted the same way. I'd love to hear from anyone who has success from these ideas.

The instant wet firing method is ideal for school camps. Painting with found pigments on newspaper, rocks or stumps

is a related activity just right for environmental art camps while you're waiting for your clay to cook. If it works don't thank me, thank the common sense of centuries.

COMPOST CUCURBITS

Growing zucchini, pumpkin, cucumber or other melon crops on the top of your compost is useful for both the cucurbits (that love the heat and are heavy feeders) and for the compost (they are a good reminder to water the compost regularly).

GARDEN HARVEST

Try growing arrowroot, bamboo, horse-radish and Jerusalem artichokes. Once planted, you will have them as a valuable part of your garden forever. They not only handsomely fill a corner, but can be harvested for their shoots and tubers also.

COMPOST FOR BRASSICAS

Use dead pea vines, bean or lupin plants mixed with soil and a small amount of lime to make a nitrogen-rich compost for use on leafy vegetable plants such as spinach or on brassicas (cauliflower, broccoli).

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STARTING A SELF-RELIANT LIFESTYLE

by Wendy Richmond, Edmonton, Qld.

Many people who have just 'discovered' GR magazine and feel they wish to adopt this lifestyle, may be unsure of where to start and often tackle too many tasks at once, thus creating chaos in their normal lifestyle and becoming discouraged fairly quickly.

Here are a few ideas on how to go about starting yourself on the road to self-sufficiency, especially whilst still living in suburbia. Quite frankly, if you do not attempt to make various changes while living in town, you will not succeed when you have your acreage and/or live in the country. Also, I tend to use the term self-reliance as I feel self-sufficiency is almost impossible to attain for many people these days and trying to reach this really elusive goal puts a lot of unnecessary stress on you.

Some of the reasons you may have difficulty adapting your lifestyle are: influences from the media, a constant bombardment of advertising you need to physically and mentally block out, and adverse reactions from friends and relatives. With the advertising you are subjected to, it is best before buying anything to ask yourself: 'Can I live without this product? Is it really going to benefit my life at this stage? What can I use to do the same thing that I may already have?' I do find it is good practice to learn to do without modern conveniences (not all, by any means), especially gimmicky products, and try to become a more non-consumer orientated person. A really basic way to start is in recycling every possible item in the house you can, either through the council recycling system, or by re-using many household items, or composting practically everything that is of animal or plant origin. Reducing waste in the home makes you much more consumer-buying conscious.

Then get around to making your own products for cleaning in the house. The basics you need are vinegar (white), lemon juice, and bicarbonate of soda. These form the base of so many cleaning recipes with various other components added if necessary.

BASIC CLEANING

Toilets

Use vinegar poured in the bowl and scrubbed with a long brush. Blue-loo products are real no-nos. Vinegar can be made sweet smelling by soaking bunches of lavender or mint in the bottle with it. Wipe the rest of toilet with the same vinegar soaked cloth.

Basins & Baths

Simply sprinkle with bicarb and use a green nylon scouring pad and scrub gently. If this scratches the enamel use a soft cloth, but I haven't really had a problem with this.

Shower Tile & Grout Mould

Make a paste of bicarb and lemon juice or straight bleach, bicarb and lemon juice for really bad mould. Scrub on, leave a while then rinse and scrub off.

Windows

Methylated spirits in a bucket of warm water. Wipe on with wet newspaper and buff off with dry newspaper scrunched in a ball.

Washing Machine Detergent

- 1 cake pure soap (Sunlight or Preserve)
- 1 cup washing soda (from supermarket)
- 1 tsp eucalyptus oil

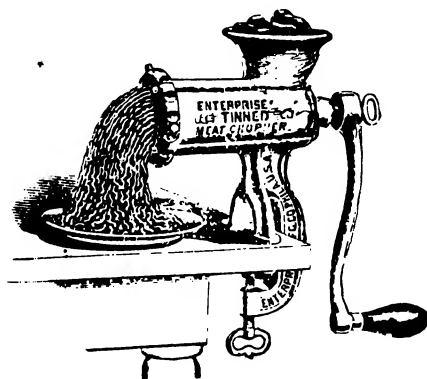
You need a 20 litre plastic bucket (an old plastic rubbish bin with clip-down lid will do), old cheese grater, two litre saucepan. Grate soap and put in old saucepan with two litres of hot water. Bring to boil and stir in soda then stir till soap and soda are melted. Pour into 20 litre bucket and add nine litres hot water and eight litres cold water. Stir well and cool. Mixture will solidify. Use two to four cups in top-loading machine, depending on dirtiness of clothes.

Spray & Wipe Cleaner

For use on walls, light switches, bench tops.

- 2 tbsp cloudy ammonia
- 1/2 cup white vinegar
- 2 tbsp bicarb
- 2 tbsp homemade detergent (see above)

Mix all the above with four litres of hot water. Place in spray bottles and use when cooled.



These products are very easy and cheap to make and it saves having a different product for every single cleaning job in the house. It also feels really good to bypass all those bottles in the supermarket and is a step towards independence.

HAND OPERATED APPLIANCES

Although it does not suit everyone, I get a lot of pleasure from using hand-operated appliances as opposed to electric. I am not sure if I will ever live on an electricity-free property, but at least if I do I will have had some practice in doing without it, so if possible buy hand-held products rather than electrical. Saves money on power bills too, of course.

TAKE IT SLOWLY

There are obviously many, many more ways to become more self-reliant, but, as a person has to begin somewhere, these few hints make a good start. As you get proficient at introducing these ideas into your lifestyle, you are free to move on and introduce a few more at a time. Just take it slowly and if it doesn't suit you to do it, try something else. For example, I often attempt to make bread, but I have more failures than successes and it is quite time consuming, so I buy it instead as I get a bit discouraged sometimes. Making soap is easy, but also very time consuming, so although my soap was successful, it is still pretty cheap to buy and not really in my interest to make. You can buy lovely homemade soaps and breads from the markets too.

Some really good books I highly recommend: *Hard Times Handbook*, by Keith & Irene Smith. *Living Better for Less*, by Megg Miller & Mary Horsfall, available from: Night Owl Publishers, PO Box 242, Euroa 3666. \$9.95 posted. Also, ideas on making nearly anything contact: The Self-Sufficiency Shoppe, C/- PO Box 673, Plympton 5038. See article in GR 100 (p 62) for more details.

TROPICAL TOPICS WEEDS AND 'DECLARED' PLANTS

by Susan Hands, Innisfail, Qld.

What is a weed? Quite often people's views differ on what constitutes a weed. A number of people, for example, look on marigolds as weeds, while we of the *Grass Roots* fraternity know that marigolds are not weeds but in fact the very opposite – a definite asset to any garden. I suppose you could say that a weed is a 'plant that is growing where you don't want it to grow'.

Most weeds are 'specific', which means they are a pest in one area or district only. For example, a weed from a wet area is hardly likely to be a pest in a dry area as it would need too much moisture to thrive.

However, some weeds are universal and when their seed can lie dormant for up to 10 years, such as giant sensitive weed, then they can become a major pest. This kind of weeds crosses over the border of being just a pest in your garden; this weed is an actual threat to the ecology or economy of the area in which it is growing. When this happens the weed is classed as a 'Declared' Plant.

Declared Plants are covered by government legislation under the Rural Lands Protection Act. What follows is a list of the five categories of Declared Plant. This is by no means a detailed list of all Declared Plants in Australia. You can obtain such an account by writing to your nearest Landcare office.

Category One – means that the plant's introduction into the state is prohibited. Alligator weed is in such a category in Queensland.

Category Two – a plant that should be destroyed when found on your property. Giant sensitive weed is a category two plant in our area. It is found in most flood plains where cattle have fed somewhere in the river system.

A Category Three plant is one whose numbers are to be reduced. In the Johnstone Shire and throughout most of the wet tropics, sicklepod is a Category Three plant. Giant bramble is another insidious land stealer. This plant is similar to the native wild raspberry and in fact is often mistaken for wild raspberry, only the

giant bramble has thicker stems and larger leaves. It's not a plant to be tangled with lightly as it has strong backward-bending thorns that catch like fish hooks.

Category Four refers to plants which are not to be carried away from places where they now grow. Most Category Three plants are also included in Category Four. In other words, don't spread them any further, they're a big enough pest where they are.

A Category Five is a plant that should be controlled on public lands and this is usually done by local authorities or government departments. *Thunbergia* and morning glory, both Category Five plants, were introduced into our area because of their attractive flowers and great climbing ability. Now the vines have become a huge pest, covering acres of rainforest and smothering everything in their paths. It is quite likely that both the above plants will be classified in the more prohibitive categories over the next couple of years.

If we all help with the control of weeds and Declared Plants now, then we are not only helping to protect our lands for our lifetime, but we are going to save ourselves long-term financial, physical and aesthetic problems.

How we can all help:

- Immediately eradicate any Declared Plant.
- Be careful when buying non-native plants and when moving native plants from one district to another.
- Don't dump your garden waste in bushland. (GR people don't dump garden waste anyway, they recycle it.) Remember though, you don't recycle Declared Plants, you burn them.

If you have any queries on Declared Plants or Landcare please contact your local Landcare office.

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PARADISE

A DIFFERENT PERSPECTIVE

by Doug Marsden, Lillian Rock, NSW.

I write this, possibly as a parable, or perhaps I use the article as a confession. Approximately two and a half years ago I came to live on a community (Multiple Occupancy) in northern NSW, in the upland subtropics of a giant extinct volcano of which Mt Warning is the focal point, and, apparently, is the first piece of Australia to see the morning sun – truly a lovely sight. I am now 49, and although in reasonable health, a back problem limits my capacity for really hard yakka to some extent.

My coming to this place was fitting and somehow right for me at the time, as a series of chance meetings and events made it seem appropriate. I've been a reader of GR since its beginning 21 years ago and upon reading the Feedback pages I've come to the conclusion that a lot of contributors will never make the big break. Before I continue, I am not writing this just to have a whinge and I welcome any response, because the bottom line of what I have learned is: if you don't try it you'll never know.

A lot of articles and letters in GR pour heaps of scorn on so-called city life. It is true that the air is dirty, as is the water, and the crime rate causes one to worry. I now ask city dwellers to see their lot in a different perspective after having read my article to its finish. A lot of writers to GR are, on the surface, seemingly discontent with life in the city, dreaming of the day they can make the break to the country, wherever that is, because where can you clearly say the city ends and the country begins?

Well, noble and optimistic these city dreamers may be. The truth is, those out there 'doing it' are working so hard that to try and get the message to the city idealist is, quite possibly, a waste of time. Life in the country, unless you have heaps of bucks, is so hard that to try and persuade a city dweller to stay put is not a priority.

If you are contemplating a move to the country, do not sell up your city end. Instead, move to the country all right, but rent, and do not buy until you are abso-

lutely sure that you do not want to go back.

Now I move on to my life here on this five acre block of bush and weeds. The growing season here is approximately two months earlier than southern Australia, which doesn't mean better, just earlier. And where, in southern Australia, do you find maggots from the fruit fly larvae in your tomatoes after Christmas? One has to ask: Where is the ideal spot? What defines paradise? Do city vegetable and fruit growers have trouble with kangaroos, bats, wallabies, bush rats, possums etc, etc, etc? In the city the answer mostly is no. Don't get me wrong, I am not sorry at all for having moved to this area, but I admit now I erred in not renting instead of buying, and, in particular, buying a house run on solar power – the New Age catch phrase.

The setup here by some standards is indeed a good one. How do I know? Because my peers tell me it is, and they should know. I have on the roof 8 x 30 watt collector panels feeding 12 heavy



Doug Marsden's stone and timber house in its beautiful bush setting at Lillian Rock.

duty two volt batteries which are the primary source for lighting in and around the house. Two hundred and forty volt power is drawn from the batteries through an inverter (Santech 1000 watt), which, when the sun is shining, gives adequate power to drive a medium hi-fi, a small washing machine, a 38 cm colour TV and small electric tools. The inverter has two AC outlets, all I have to do is plug into the inverter to run electric tools outside. The inverter will handle all these tools, but of course, not all at once.

Then why am I selling up (some would say, selling out!)? I hear you ask. The reason is that when we get a week, or weeks (not unusual here) of wet and/or cloudy weather, that means no sun on the panels, which equals no power. So all over this MO you hear the chugging away of portable petrol generators. Alternative living, or just a different form of suburbia? Although this Melbourne type weather is not a regular thing, it's very annoying when it occurs, and for me, living alone, there are enough things to worry about. Life is difficult enough as it is, without the added burden of metaphorically looking over my shoulder to see whether the batteries are up, and by

how much. I say 'up' because one knows now by experience when they are down.

I had no expectations of solar power when I bought into this setup, because I had no other contact with it. I didn't know of what limitations there are with solar, but I soon learned. By limitations I mean that sooner or later, depending on the extent and sophistication of your system, you are going to have to 'kick over the generator' to boost the batteries up. One thing with my system, if I tossed out the TV I would be able to run for a few weeks in cloudy weather without having to start the generator (a 1000 watt Honda feeding the batteries through a Compak battery charger).

When going into a shop to buy solar gear the buyer may wonder why the shop that's selling solar gear isn't running the shop using solar powered electricity. Could it be that it's fickle, a little unreliable, depending on needs!

Now, there are some New Age, born again sales people who will say I am too greedy with power. They may well be right, but it only serves to underline what I said earlier about renting first instead of buying.

To hark back to what I said earlier

about wildlife savaging your garden constantly. Those who are contemplating a move to the 'alternative' side of life to live and not merely visit, should note that there are all sorts of quaint native (mostly) animals who will, at every chance, eat or dig out (or both) your garden; quite literally destroying it overnight.

The only way around this native menace is to fence off the whole garden with wire and trees guards of different sorts to prevent the flyers and climbers stealing your fruit.

I have read that some people grow an excess to cover these losses. Well, to me that's nonsense because it simply means more food for the 'natives', and eventually less for you because by providing more food for the animals you build their numbers up and they then become more mouths to feed.

Water here is well thought out, thanks to the people from whom I bought this house. The house is serviced by a main storage tank of 8500 gallons with a four horsepower pump pushing 30 gallons a minute up the hill to a 1000 gallon header tank. That gives a very good flow rate, with the garden water coming from a large dam to a header tank, which means I have to operate the pump for one week out of approximately seven in a sequence with some other people here on the MO who also use the water from the dam for mixed uses.

Lastly, be that as it may, this whole volcanic rim is a truly beautiful place. This community called Lillifield is on a 340 something acre block and is an oasis of beauty, of wildlife and greenery.


Despite the fact that the loggers were through last about 40 years ago, the regrowth is impressive and shows nature's resolve is more potent than the chainsaw.

If you are interested in buying my place, being a professionally built stone and timber house, eight years old, with top views to the east and north, please contact me.

As at the beginning of my article I made comparisons between country and city life, one may think I am advocating a return to the city. Well, I am certainly not doing that, and if it wasn't so cold and consistently wet the Yarra Valley is one place I would like to 'retire' to.

Article dedicated to Alex de Podolinsky, for he was and is the catalyst for my being here, and I thank him as well.

Please address any replies to: Douglas Marsden, 'Lillifield', Lillian Rock, Via Kyogle 2474. Ph: 066-897-224.



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CONSIDER A QUAD

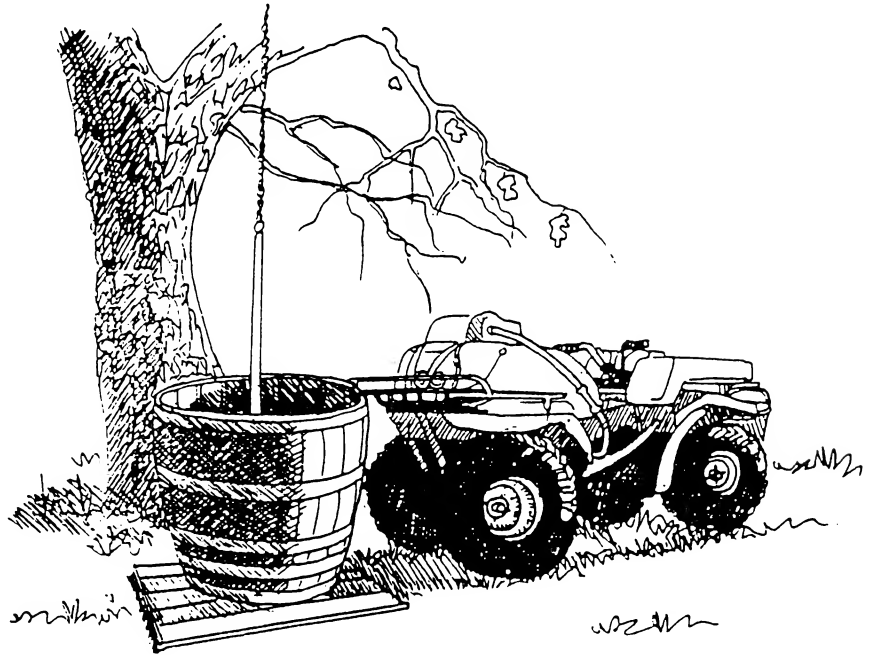
by Deb Cantrill & Quentin Jones, Heathfield, SA.

The success or failure of a small farm can often depend on the correct choice of machinery which is used to enhance and improve the land's productive capacity. The necessary power with minimum impact on the land can be provided by a quad (also known as a four wheeled motorbike or ATU). All the major motorbike manufacturers produce a range of these to suit all needs.

We use a Suzuki 250cc with dual high-low range, five gears plus reverse. Quads run on unleaded petrol and, being single cylinder, are very economical to run. Slopes and steep hills are no problem, they are manoeuvrable in tight areas and wet ground can be transversed. From checking the stock to collecting the mail or spraying out bio-dynamic preparations, the quad can do it all.

There is now a range of 'off the shelf' attachments available such as a spreader suitable for lime or pelletised fertiliser; a 'Trail Blazer' tow behind slasher; a range of spray tanks, hydraulic pumps and more. Further uses are only limited by your imagination, we have built a trailer, single tyne ripper and a disc plough for turning in green manure crops.

If you are interested in a quad contact a local dealer and ask who has one around the district and if they would mind talking to you about their experience. Most owners we know are happy to extol the

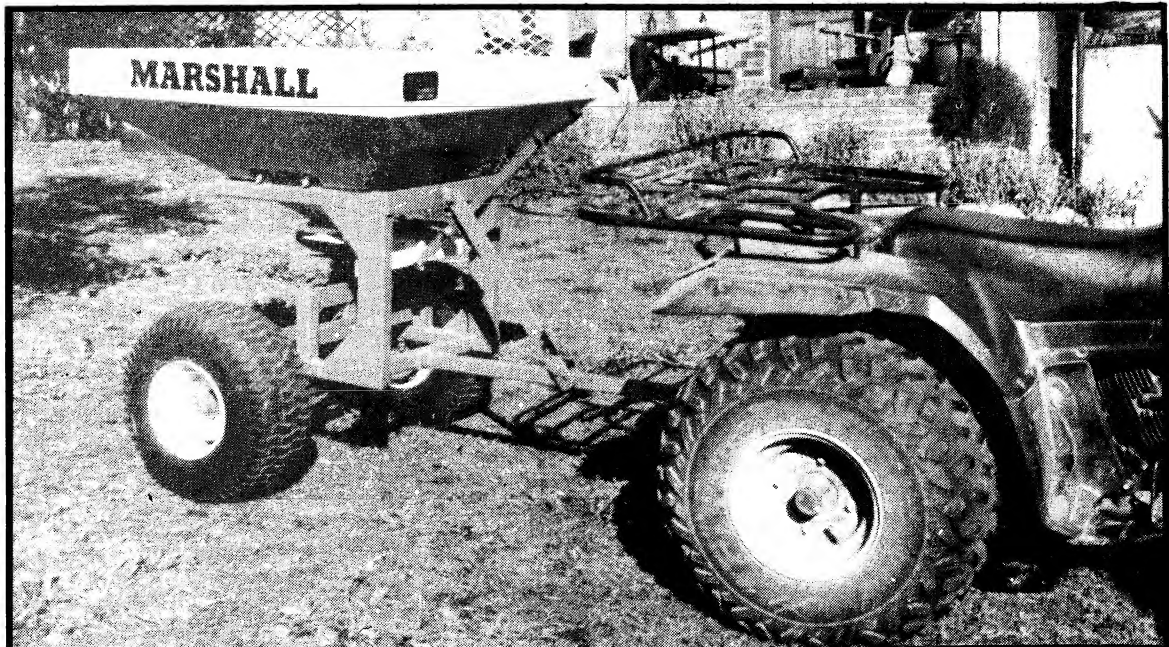


Our biodynamic stirrer and quad with spray tanks. (Drawing by Felicity Martin.)

virtues and point out the shortcomings of their machine. Every make and model is different in some way. You don't have to know how to ride a normal motorbike, in fact it could be an advantage not to. Guests at our farm have quickly mastered the quad.

All machinery can be dangerous and the quad is no different. People have

been killed or injured. They are capable of speeds of 80 kilometres per hour and in low gears can traverse quite steep terrain, but they are still easy enough to flip over backwards or roll if you are not experienced and aware. Fortunately, because of their relatively low weight, any accident at low speed will generally only bruise your ego.



The quad is strong enough to pull a spreader and manoeuvrable enough for easy handling.

GRASS 27 ROOTS

FOR THE DISCERNING DOG

A Personalised Coat

by Pamela Odijk, Mt Morgan, Qld.

Whether you want to make a dog's coat for your own dog to enable him or her to endure the winter months more comfortably, or make one as a present for a friend's dog, or make these to sell on a craft stall or through the local pet shop, (where I recently saw very basic coats retailing for \$24 each), they are certainly useful items, and they are also quite easy to make.

MATERIALS REQUIRED

The amount of fabric depends, of course, on the size of dog, but a coat for a large dog needs very little material – half a metre will do. Use a piece from a remnant table, or if you prefer, recycle an old dressing gown or an old electric blanket with the wires clipped and removed. These make very warm and durable dog coats.

Other materials required include matching cotton and contrasting bias binding for trim, plus some scraps of material if the coat is to be personalised with the dog's name. If you intend to applique the dog's name onto the coat, some iron-on stiffening to place behind the letters before tracing them out makes the job easier and gives a better finish. Trace the letters from any alphabet book onto greaseproof paper, and trace these again onto the right side of the material



Fredd proudly modelling his personalised coat.

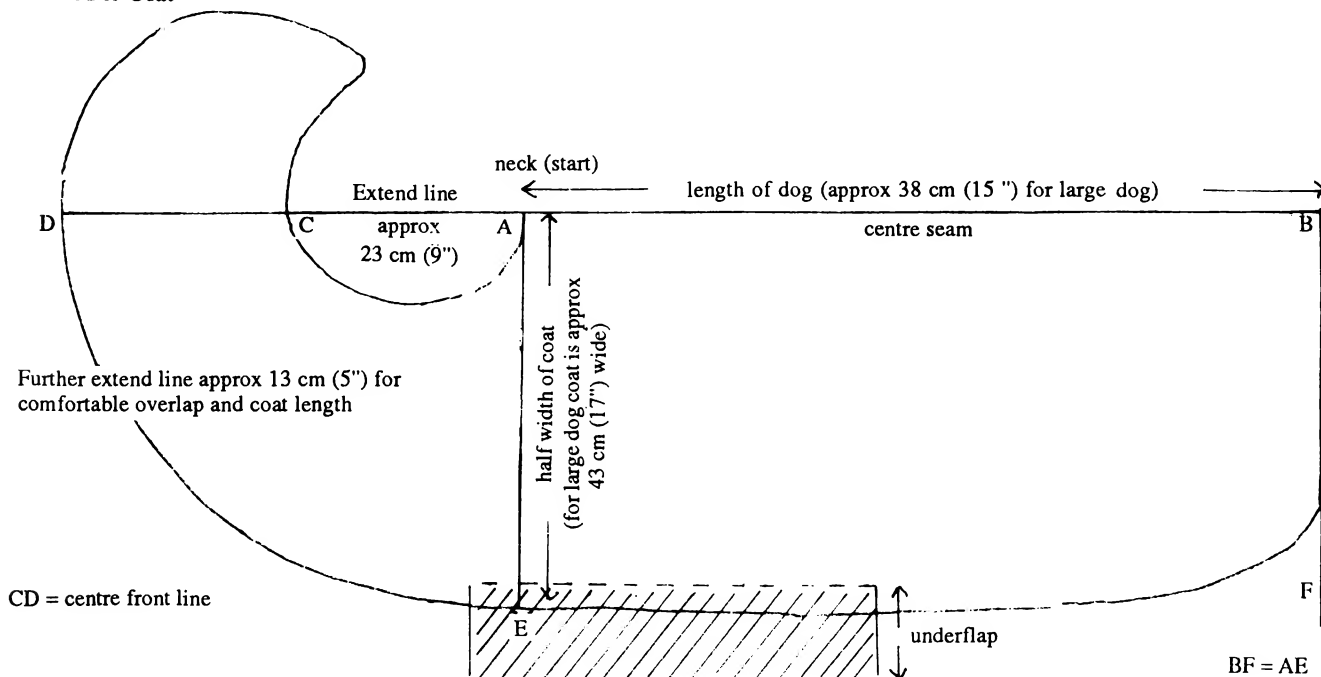
scraps using dressmaker's tracing paper.

Machine around the letters with very small stitches and then trim the letters as closely as possible to these stitches. This prevents the letters from fraying. Do the same with any other decoration which you intend to applique onto the coat. (Fredd had his name and a bone appliqued onto his coat.)

Butchers' paper, or waste newsprint rolls (which can be purchased for a small amount or are sometimes available for free from newspaper offices), or brown paper, on which to draft a half pattern and fit it around the dog to see if you need to make any adjustments before cutting the material.

Piece of velcro approximately 33 cen-

Pattern For Coat



GRASS 29 ROOTS

timetres long for fastening the coat in two places at the front and for fastening the underflap to one of the sides

The pattern can be drafted to suit any sized dog. As a guide, measurements have been included for the coat I made for Fredd, a larger dog, as shown in the photograph.

DRAFTING THE COAT

Curve A-C

This is half the distance around neck measurement. Measure with a piece of string and place it in a curve from neck point A to the extended line point C. Trace along the string, then correct the curve line. Extend this neck curve to allow for a comfortable overlap. The overlap is secured on both sides with

pieces of velcro sewn to the coat.

Using guide points C, extension to C, D, E, F, draw a rounded outline of the coat. Use a curved object such as the bottom of a glass to make this task easier at the corners.

Underflap

Make this a comfortable width and around dog measurement, approx 48 cm (19") for a large dog. Flap should be very loose. It is firmly sewn to the coat on one side and secured with a strip of velcro on the other side.



ROSE PETAL BEADS

Finely chop several handfuls of rose petals that have been collected on a dry day. Heat the petals in a pan of water for about 30 minutes, without boiling. Repeat this once a day for 3 days, adding a little extra water each time it is necessary. Let the pulp cool. There should be very little moisture. Roll the pulp into a ball with your fingers, pressing out remaining moisture and shaping around a toothpick so there is a hole in the middle. Leave the beads to dry for a week or more on the toothpicks, carefully moving them twice a day so they don't stick. Dried beads may be varnished or left uncoated in their natural state. The beads retain their fragrance and when worn the warmth brings out more perfume.

A FAMILY WISH BOOK

Gift giving for Christmas, Mother's Day, Father's Day, birthdays and anniversaries can be made a lot more fun if we didn't always seem to get and give so many unwanted items. There is a way to let others know exactly what you desire without actually telling them. Make a scrapbook for every member of the family. Each individual draws or pastes pictures of the things (being realistic!) he or she wants most. Add details such as sizes and colour preference. Items can be added at any time and removed as tastes change. Store all the scrapbooks in a place where everyone can access them. When gift giving time comes, it is easy to select something that's right for any member of the family.

NATURAL CARE FOR DOGS

In dogs, skin disease and pests are an increasing health problem. Often the problem may have a simple cause, and, as long as it has been identified correctly and given the appropriate treatment, the care is simple and easy.

Thousands of dogs all over the world are tormented, restless, and agitated, with itchy skin, sores, rashes, and hair loss making them ugly to look at. The owner too is in a similar situation, not knowing what to do, suffering with guilt feelings, giving oral steroids to the dog, spending money. Relief may be for a short time before the same problems recur.

I have good news for dogs and dog lovers. There is an efficient and effective treatment. This wonderful product is neem oil. It needs only to be applied externally once or twice, there are no toxic or harmful side effects, it is quick, easy to apply, and costs less than drug treatments which can continue for long periods of time with no satisfaction at the end.

To use, simply shampoo the dog and dry the coat well. Apply the oil on the affected area, try to get it on the skin of long haired dogs. Leave it for one week. It is advisable to give a second treatment the same way to eradicate the young offspring of the parasite.

Spray the kennel and bed area to eradicate and control the pest and make the treatment more efficient. The oil is absorbed through the skin and acts as a repellent.

For more information do contact Mrs P Parasomthy on: 07-289-4309, mornings only.

What doesn't kill me, makes me stronger.
Albert Camus

EARTHWORMS A FULL CIRCLE

The purpose of this book is to show you how worms can improve your soil productivity. If you are a commercial operator, you will see how worms can make dollars for you. If you are interested in landcare, you will see how worms can help improve degraded land, and help solve some of our society's most serious environmental problems. And if you just want to grow healthier, bigger vegetables and plants in your garden, you should also read on...



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FROM THISTLES TO A VEGIE GARDEN

by Jon Moore, Jindabyne, NSW.



When we moved into our current home, located on five easy-care acres, we were confronted with 2.4 metre high thistles. The first spring I spent weeks with a shovel and a hoe breaking the tap roots of the thistles while they were still at the rosette stage. I considered that thistles were the problem and as tap roots were vital to their survival I would kill the plants before they were able to produce seed. A month later I realised that the remainder of the tap roots were just throwing up more rosettes.

The following year, after reading an article on tumbleweeds in *Scientific America* I decided that it would be best to allow the plants to grow almost to maturity and then attempt to destroy them before their seed matured, thereby rendering the seed useless. I held my nerve while all about were spraying and took to the thistles with the lawn mower as soon as I noticed the first seed heads starting to turn purple, an indication of the seed maturation process. It worked! We achieved about a 95 percent kill rate and I followed this up over the next two springs with good effect.

An added bonus from allowing the thistles to grow on was that they opened the soil compacted by about 120 years of overgrazing and poor soil management. This resulted in greater pasture growth and the eco-niche for the thistles – compacted, bare soil – was removed from the system.

It was while thinking about this, that I realised the thistles were not the problem but the symptom. The processes needed for weed control have since become more obvious and no longer the problem they once were, in my mind anyway. I was converted to the idea of making every-thing work for the soil.

No longer are sheep left in a paddock with collapsing feed, even if the next paddock has only minimally more feed. I move them on and then back again, and so on. This allows the pastures to recover enough to maintain the vital soil cover.

In a drought, I can see we will have to destock completely, or buy in feed and house the stock to protect the soil. We

have been better able to ride out the dry periods than many of our neighbours who have been forced to utilise feed along the roadsides or buy feed in, or, worst of all, just keep on grazing, running down both stock and soil condition. We have developed a soil ethic.

In a suburban situation, the application of the same principle of soil health first can be applied to producing, from the acres of lawns, vast tracts of healthy, food-producing soil, while reducing water use and, more importantly, chemical and fuel consumption. After all, not all Grass Rooters are country folk by domicile. While we remain a highly suburbanised society, and I cannot see this changing, we will continue to chew through large amounts of fuel and chemicals on lawns. How often have we had to listen to complaints concerning lost weekends because of the garden, when really people were complaining about lawn mowing?

Converting a lawn to a garden will not only reduce our national fuel consumption but will provide anything from a few tomatoes to up to 100 percent of our household fruit and vegetable needs, with more job satisfaction than pushing the mower over the lawn, chafing under the knowledge that we will have to do exactly the same thing next weekend.

We have reached the lawn level of soil health on the 'garden areas' around our home. Gone are the thistles and in their place is pasture, self-seeded from the hay we spread over the mown thistles. Our problem then is converting a young lawn into productive gardens.

We have come up with four possible solutions. We can do nothing and continue to mow. This is less than ideal and ethically bankrupt. The second solution follows the thoughts of John Seymour and involves double turning the lawns and converting them to traditional organic gardens; a lot of labour involved in this. Solution three is inspired by Esther Deans and Bill Mollison and involves the creation of raised beds composed of the following layers: newspaper, lucerne hay, oaten hay or straw. Into this brew

are planted our vegies, trees and flowers, surrounded by a handful of compost to get them started. Eventually mulch will be converted into compost itself and we will have to top up the mulch every year. This has possibilities; I could still mow between the beds using a push mower, we can spot snakes, reduce the lawn area and not bend as far to tend the gardens.

The fourth solution is based on the ideas of Masanobu Fukuoka of *The One Straw Revolution* fame. The people before us had installed an above-ground swimming pool for the two days a year we experience summer on the Monaro. This had rotted and collapsed some time before we moved in, leaving a circular bed with handmade brick edging, a sand topsoil and the local clay soil as a pan underneath. I decided to trial white clover on this circle and it established itself quickly, leaving us with a small but very attractive clover circle.

Fukuoka grows rice and barley in continuous succession in fields of white clover. The barley is broadcast just before the rice is ready for harvest and vice versa for the rice sowing. No digging, and the clover suppresses most weeds. Into the little circle I broadcast our cucumber seeds for the summer. Within two days the seeds had started to swell and bury themselves.

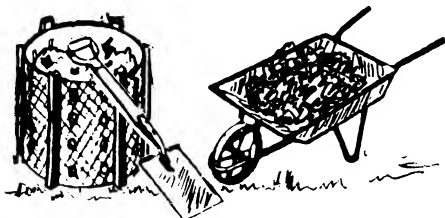
So, of the four possible solutions, we will be attempting the latter two. Raised beds seem to offer the best hope for harmony of time and effort for reward. Converting the whole garden to white clover seems too much work at this stage, but may be worthwhile if the returns are good. Alternatively, I may just broadcast clover seed over the raised beds and obtain the best of both worlds.

The importance of this hands-on decision making at the grassroots level is that we have a stake in the future health of our own soil. We experience and develop a soil ethic at its most fundamental level. Poor soil management, bare and compacted soil, encourages weeds. Good soil management reduces the number of weeds and food, real food, is returned to those who love their soil. The fruits of

your own soil and your own labours taste so much better anyway.

From our actions has come a bond with the soil, a feeling of kinship. That this feeling could develop within us so deeply over such a short time, led me to a deeper understanding of the link between the original inhabitants of this continent and their soil. So often I had heard them describe their land as their brother or sister and then one day I had that understanding, not from reasoning but from experiencing. Admittedly, one cannot achieve a 50,000 years plus interaction and understanding with the backyard in one summer, but the possibility of such a link became believable.

Go to it, sell the lawn mower now before the value of those things collapses as everywhere across this continent lawns are converted to gardens, drudgery replaced by enjoyment and destruction displaced by growth.



SECOND CLEAN UP THE WORLD CAMPAIGN

Clean Up the World, the international community-based environmental action campaign, will be held this year over the weekend of September 16-18. Following on from the success of last year's inaugural event which saw some 30 million people from 80 countries participate, the organisers anticipate the second global cleanup will generate increased public action and participation.

Ian Kiernan, chairman of Clean Up the World and the 1994 Australian of the Year, said the second Clean Up the World would help to expand the message of 'Think Globally....Act Locally' in the battle to preserve and improve our environment.

The campaign is a positive and practical way of involving individuals and communities at a grass-roots level in community action to help our environment. The issues of waste and water pollution will be a focus of the 1994 activity and it is expected that many more countries will take up the challenge and become involved in this global movement.

For further information contact: Kim McKay or Miryana Power, Ph: 61-2-552-2255.

CHEMICALS IN NEW CARPETS

Beware of the fumes from the installation of new carpets. The rug dyes, adhesives, synthetic fibres, carpet backing, padding, fungicide, pesticide and stain resistance substances are all potential sources of toxic chemicals. Short-term effects on some people include flu-like symptoms, rashes, worsened respiratory conditions and asthma, with permanent multiple chemical sensitivities persisting even after the carpet is removed.

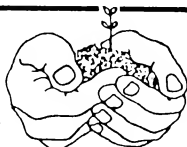
To minimise exposure to chemical fumes from new carpets it is important to have adequate ventilation for at least the first two to four weeks after installation. Leave windows open and use floor fans if possible.

When buying carpet, the least toxic options include handmade cotton or wool rugs which have not been chemically treated and are without synthetic backing. Avoid having them installed with an adhesive containing solvent or formaldehyde.

Also, take care when removing old carpets. The dust and mould particles can cause irritation so the wearing of a face mask is recommended.

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Car Maintenance: Globes and Fuses

by Arthur Frith, Taree, NSW.

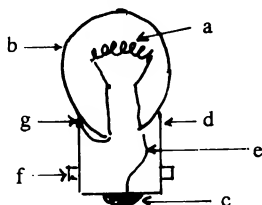
The average motorist is just not aware of the different types of globes and fuses in a vehicle and when confronted with the job of changing the globe or fuse difficult situations can arise.

GLOBES AND SOCKETS

Parts of a Globe

- a: filament
- b: glass
- c: contact
- d: base
- e: filament lead
- f: holding pins
- g: filament ground

Figure 1: Parts of Globe



How a Globe Works

The diagram in figure 2 is of a simple light circuit. When the switch is in the ON position, current will flow from the positive terminal of the battery through the fusible link, fuse, and the switch, into the contact of the globe, to the filament. Whereby it will heat up and cause the filament to be white hot and then continue through the base of the globe to the negative side of the battery, thus completing an electrical circuit path. If this path is broken anywhere in the circuit, current will not flow.

When replacing a blown globe, inspection of the globe socket and contacts is necessary. If there is rust or corrosion it must be cleaned to ensure a good electrical connection. The same with the power contacts in the bottom of the socket.

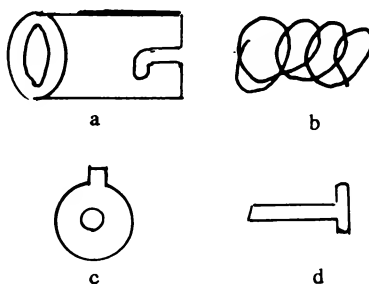
If cleaning is required, make sure that the light switch is off. Using a rust breaker such as WD40, RP7 or DWF, spray the

socket so that the affected area is soaking in the fluid. With a small file (points file or nail file) scrape the area clean. Wipe dry with a soft cloth and check that the bottom contact is able to spring up, when pushed down. If this contact is not springy, the contact may not touch the globe contact for the globe to work, and the globe socket may need repairing or replacing.

Parts of a socket

- a: socket body
- b: spring
- c: insulator
- d: power contact

Figure 3: Parts of Socket



In figure 3 there are two points to pay attention to on the socket body. The first point is that the socket body has a provision for the locating tip on the insulator (c). This is shown as a heavy line on the top of the socket body (a).

The second thing to pay attention to is that the socket has a cutaway in it with a loop. This is for holding the globe in position. On a two filament globe the holding pins are offset and this is where problems might arise when one is not aware that the cutaway in the socket body is also offset to facilitate this type of globe (fig 4).

Types of Globes

Festoon: This globe is similar in shape to a glass fuse. It has two end caps and a

filament enclosed in a glass tube. They are available in different lengths, diameters, wattages and voltages, depending on what they are to be used for.

Conventional: This is similar to the normal household globe. It is incandescent and is used for most applications on a vehicle. However, it may be a single filament or double filament type. Where it is a double filament type the holding pins will be offset (fig 4).

Wedge Type: These are identical to the early flash globes used in camera flash lights. They are of glass with the filament leads external for connections. They do not have a conventional base and are used for parking lights, number plate lights and instrument lighting.

Miniature: These are of the conventional type but small in size and may have holding pins or a thread on the base.

Quartz Halogen: These are of a different construction from the incandescent globe and are used only in headlamps and driving lamps of today's vehicles. There are different design types but all are to be handled carefully. Do not touch the quartz glass with your fingers as this will shorten the globe life. If the glass is touched it may be cleaned with methylated spirits and allowed to dry completely before installing the globe into the headlight.

Sealed Beam: This type is a complete headlamp globe. The filaments were fitted into the reflector part of the globe and then the lens (glass) was mounted onto the reflector. This type of globe was very popular in the early 60s to the middle 70s on Australian assembled vehicles.

Semi-sealed Beams: These are similar to sealed beams, in that the lens and reflector are assembled as one and the filament is a replacement globe which is fitted into the back of the reflector.

Figure 2: Light Circuit

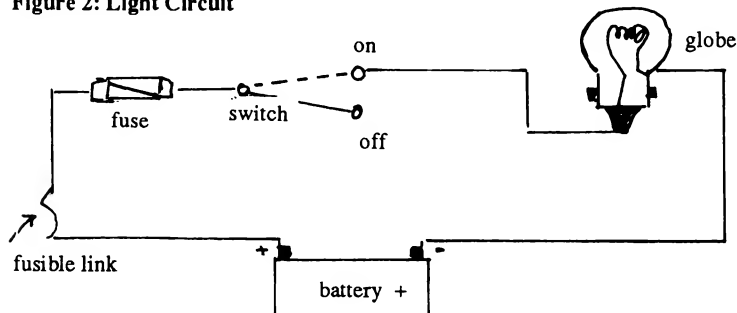
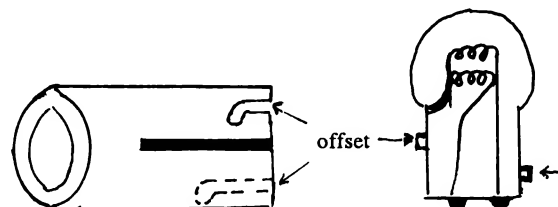


Figure 4: Fitting Globe to Socket

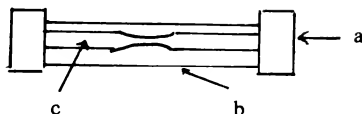


FUSES

Parts of a Fuse

- a: end cap
- b: glass
- c: fuse conductor

Figure 5: Glass Type Fuse



How a fuse works.

The most simple way of understanding how a fuse works is to look at the situation of a builder pushing a wheelbarrow full of bricks across a timber plank on a building site. If the timber plank is suitable for the load it may bend or give a little as the builder moves the load across. If the timber is not suitable for the load it will break as the builder moves the load across.

A fuse (being the bridge) in an electrical circuit will break (or burn out) if the load exceeds the fuse capacity. When a fuse of the correct rating is placed in the circuit and is constantly burning out, the problem is usually a direct short to earth (chassis).

Fuses are fitted into electrical circuits to protect the circuit. Therefore a replacement fuse of the correct rating for that circuit is necessary. Fuses are rated in amps. Refer to the manufacturer's specifications for the correct fuse.

Types of Fuses

Ceramic: This type is made of a ceramic body with the fuse material fitted on the outside of the ceramic. The different amp ratings are usually indicated by the colour of the ceramic as well as being embossed on the ceramic.

Glass: This has the fuse material inside the glass tube with two metal end caps connected to the fuse material.

Open Wire: The fuse material is open and unprotected. It is usually fitted to the fuse block with screws.

Plastic Spade: This has the fuse material enclosed in a plastic case with the contacts of a spade shape exposed to fit into the fuse box terminals. The colour of the plastic usually indicates the fuse rating; as well, the amps are printed on the plastic case.

Fusible Links: This type of fuse is found near the positive terminal of the battery and is a multi-strand wire with an outer insulation of hypalon. This type of fuse will carry an overload for a short period of time before it breaks the circuit. A fusible

link that has been overloaded, but not broken, is indicated by the insulation being 'bubbled'. Although the fusible link may still be working in this situation it should be replaced before it blows as it may be a main power feed for the vehicle. **Noncommercial Fuse:** (Commonly known as, 'it'll do mate'.) Materials such as aluminium foil, nails, fencing wire, copper wire strands, paper clips, etc, are not suitable as a fuse – not even under emergency conditions. Although these materials work as an electrical conductor they *do not* work as a safety protection for the electrical circuit and therefore must *not* be used.

Fuse Colour and Rating

Plastic Spade

- blue: 15 amp
- brown: 7.5 amp
- green: 30 amp
- red: 10 amp
- tan: 5 amp
- white: 25 amp
- yellow: 20 amp

Ceramic

- blue: 25 amp
- red: 16 amp
- white: 8 amp

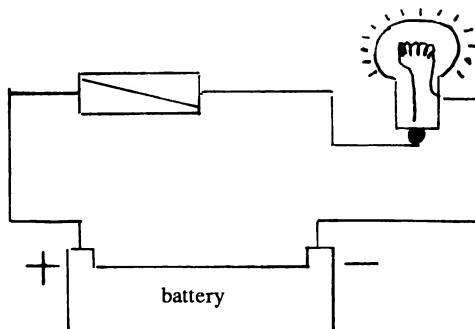
Testing a Fuse

Remove the fuse from its position and inspect it for breakage, burn-out or looseness. If, on a visual inspection, the fuse appears to be all right connect a test light in series with the fuse across a battery. The light will come on only if the fuse is in working order (fig 6).

Often it is a loose fuse in the holder of the fuse box that has created 'arcing' between the contacts of the holder, resulting in a poor electrical connection and acting as if the fuse is blown. In this situation clean the contacts thoroughly before replacing the fuse. Arcing is indicated by discolouration of the fuse contacts and the fuse holder contacts and is mainly black in colour.

Next issue I will give you the good oil on selecting, checking and changing your engine oil.

Figure 6: Testing a Fuse



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Livestock Health and Management

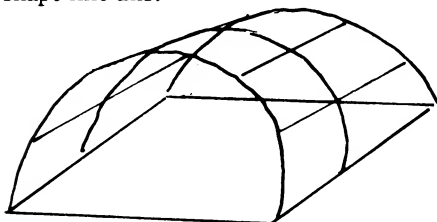
Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

Re dog irritation. Itch on dog's back, mainly above the hips, generally causing a heavy scale and loss of hair. Medical chemicals are generally expensive. Over the years I have used equal quantity of sulphur and raw linseed oil. It is very effective with the hair growing back to normal.

**H Price,
Holbrook 2644.**

We recently had to nurse an immobilised dog and we invented a temporary shelter that may be useful to other people. We took a length of ringlock fence netting a metre and a half long, bent it into an arch, and held it into shape with two lengths of fencing wire tied across the bottom, onto the corners. This gave a shape like this.



We settled the dog onto a mat, and lowered the wire frame over her. Then we draped several layers of wheat bags over it, to completely cover the arch and the opening at the back. This made a snug little cave that kept the dog warm during several chilly nights and could be lifted clear to attend her.

Any stiff type of mesh can be used, with the length varied to suit the size of the animal, and any thick material will do for the cover. The floor covering should extend at least to the walls, to stop the warmth escaping.

The same principal could be used to keep the sun off an animal, with material just on the top of the arch. When the dog moved out, the shelter was immediately taken over by a family of cats!

**Margaret Hurle,
Moree 2400.**

I need help for my poor pooch please. Cattle ticks are his curse – I remove 6-10 each day. I've washed him in tea tree oil, wool wash, dog shampoo and even with Malawash (Yes, I know it's deadly!). The effects of these don't seem to last more

than two days. Is there a good natural wash or similar I haven't tried? I brush Toby every day as he has a coat a bit like a long pile carpet. His diet is varied – meat, vegies and bird seed (his choice not mine). I know that north Queensland is the home of ticks, but I live in suburbia, surely that should make a difference. How do bush dogs survive, as I was told cattle ticks can kill a dog if neglected? Please northern dog owners, share your advice – we want to protect Toby like he protects us.

**B M Day,
Kilwin 4817.**

Here is a pet care hint for cats, horses, pigs, dogs etc. For skin problems or a coat that looks dull or limp, boil gum leaves in water, strain and cool, then wash animal in it. Repeat daily for a week, it worked wonders on my cat. Use an old pot to cook up the eucalyptus leaves as they will leave stain marks.

**Betty Furlong,
Mortham 6401.**

Some advice on stickfast fleas. They have been plentiful recently, partly due to the dry times. Flea eggs can be destroyed by soaking the soil well with water to which a little detergent has been added. No more than a good wetting is required (the water destroys the egg membrane), repeat weekly three or four times. The shed floor, and loose or sandy soil in the run or adjacent to it may shelter the fleas or their eggs. Once these areas have been treated, attend to the birds, using remedies suggested on this page in No 102.

An effective idea (if it is manageable) is to hang narrow strips of cotton fabric, soaked in a safe insecticide over the drinking water so when the hens put their heads through the fabric the solution lightly touches them. For safety have the fabric strips a little before the water container in case excess solution drips in and contaminates the drinking water.

**M Fitzgerald,
York 6302.**

Now that we have our land I wish to have a milk goat – Saanen probably. After harvest it is possible to buy bales of peanut hay and sorghum stubble at very good prices. Would either of these pose any problems as feed/bedding for our

goat when we get her? Also would they be suitable to use for deep litter in the proposed chook palace?

**Helen Dawkins,
Nanago 4615.**

If you want to obtain a good yield from your goat you will need to feed it appropriately, and the best info on this is in Pat Coleby's 'Australian Goat Husbandry'. With stubble, the grain – the nutritive part, has been removed leaving just fibre in the way of straw, and there is little food value left. Pat suggests hay should contain a combination of grasses or legumes rather than a single variety, a good mixture comprising phalaris, lucerne or clover and mixed grasses. We are unsure of the nutritive value of peanut hay, perhaps a local farmer or Department of Agriculture officer could advise. At best, this hay should only form part of the ration, grazing and supplementary feeding providing the major nutrients. The last word will rest on the goat itself – it will quickly let you know what it regards as feed and what is just bedding.

Hay and straw are commonly used in the deep litter shed but usually need to be chopped into smaller lengths with a spade. Mouldy hay is dangerous, the mycotoxins associated with mould causing disease, and hay mixtures containing sharp seed heads or capsules should be avoided as these can become embedded in eyes or throats. If the peanut hay and sorghum stubble are free of these problems then they should be quite suitable for use as nesting material or chopped floor litter.

***** LAST CHANCE!

Hurry! Do not miss out!

If you have purebred stock or eggs to sell, make sure you have an entry in the 3rd edition of the Poultry Breeders Directory. Listing is free.

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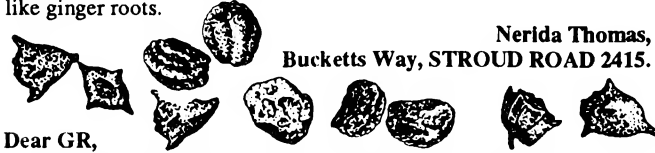
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Feedback Link-Up Feedback

Dear Readers,

Would any readers be interested in swapping seeds and/or plants with me? I am a keen organic gardener and have been sending away for **UNUSUAL PLANTS AND SEEDS** for years and have a good variety. My latest search is for a fern which was popular in flower arrangements 30 years ago. It is dark green, on a hard narrow straight stem and has a coil like a mosquito coil on top. I would pay for plant and postage or swap for plants and seeds. I am also wanting some artichoke; the type that looks like ginger roots.



Nerida Thomas,
Bucketts Way, STROUD ROAD 2415.

Dear GR,

It has been over two years since I wrote to GR – both commenting on the issue of immunisation and requesting information regarding home schooling. Unfortunately, due to delays between writing and publication, and my own frequent and sporadic changes of address, it took some time for everyone's reply to reach me.

I have been trying to reach everyone who answered my letters, but have so far been unable to contact everyone. So, to Max and Helena Campbell, Vicki Judd, Margaret Sabet, Suzanne Venes and Heather Cleary, I apologise for not getting back to you – I have tried! If you would like to drop me a quick line and let me know an address to contact you, I'd love to thank you individually. To avoid any further delays, please address replies to: C/- 156 Brunswick Rd, Brunswick 3056, as we are still not settled permanently.

To anyone else currently home schooling, or intending to, I'd love to hear from you too. We are now living in suburban Melbourne (ugghh!) and our children are Karl (3½) and Ruth (2), with another due in August. Addressing letters to the above address will ensure a quick reply. Does anyone know the current postal address of the **HOME SCHOOLERS AUSTRALIA ASSOCIATION**? My letters to their Seven Hills PO Box have been returned.

Eleanor Sparks & Karl & Ruth.

Dear GR,

I would like to say thank you for a great magazine. I have been reading it for about two years now and have decided to give it a go. I have planted my vegie seeds out and I am watching my beans break through the soil. I have found most information is on growing down south or in the wet. We have the tropical heat up here, but not so much rain; we seem to be in the middle. I don't know how self-sufficient we can get but we are going to try to get as far as we can. Does anyone know how we would stand as far as the law goes on **BARTERING**. And I would also like to know how to vinegar beetroot.

Bernadette Grainger,
25 Carbine Crt, KELSO, TOWNSVILLE 4815.

Dear Readers,

In answer to A from Orange (GR 99) I have been told that pure **LANOLIN** (wool fat) is an excellent cure for eczema. It is available from the chemist and costs around \$2.50 for a 50g jar. Also, G&G Kerr, re a cure for asthma: a very effective treatment, which will provide relief for asthma and allergies is vitamin C. To be effective it must be taken in large amounts and the best way to achieve this is to use the powder. One teaspoon 2-3 times a day will do wonders.

While on the subject of allergies, I would appreciate any information and/or recipes from sufferers of **FOOD ALLERGIES**: wheat, yeast, dairy products, nuts, beef, pork. My diet is now basically vegan with some exclusions. Since developing chronic fatigue syndrome I have undertaken vitamin and juice therapy which has improved my health no end and cured my sinus and hayfever completely. Unfortunately, I still have a problem with food allergies and have developed a mysterious case of hives which has persisted for more than two months. Any suggestions or advice would be greatly appreciated.

R Martina,
PO Box 801, LAVINGTON 2641.

Unfortunately, your hives could be related to high vitamin intake. I have noted a relationship between high vitamin C doses and outbreaks of hives.

Dear GR Readers,

Being an alternative living male I enjoy the way I live my life. I recycle, re-use and try to reduce use of anything that is harmful to the environment. Alternative living is only common sense. I live on the NW coast of Tasmania in a small town and dearly want to move on. So if anyone can help I would like to buy an acre or two of land serviced with power around Advance Town, Clagiraba, or Lower Beechmont on the **GOLD COAST HINTERLAND**. Even a two bedroom cottage would interest me. Please contact me on 004-330-104, or write.

Craig Russell,
14 Boland Ave, BURNIE 7320.

Dear GR Readers,

When **STRING** started costing nearly \$50 per treble-crocheted bag, I switched to using recycled plastic bags. I discard the handles and sealed base and cut bags into two centimetre strips, then crochet, using coloured bags to achieve various patterns. My favourite design is a sturdy round bag on a 38 centimetre base, with sides about 50 centimetres deep and a single handle for carrying on the shoulder. The bags made in double or treble crochet are very strong and washable.

Also, do any readers know if toothbrushes can be re-bristled. It seems a waste to throw out perfectly good handles, and expensive too.

Sue Behan,
108 Crewe St, MT GRAVATT 4122.

Dear GRs,

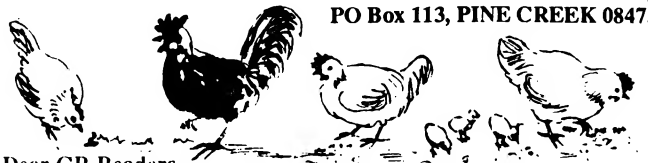
I have noticed a few enquiries re **COURSES ON HERBS**. I can recommend the general interest course called 'Herbs For Home Use', through Qld Institute of Natural Science. I completed this course last year, by correspondence, and was delighted with the wealth of information supplied, and the ease with which the home remedies could be applied.

I wonder if anyone could help with information on **REFLEX SYMPATHETIC DYSTROPHY**. Basically it is a nerve injury (following a vehicle accident last year) and it affects my whole right arm. I have to be extremely careful with lifting things and writing is getting more difficult. I have had hospital treatment: four stellate ganglion blocks, two ismelin blocks, all in three months. I stick to a daily exercise programme to keep circulation at its best. There has been no change (yet). I would be most grateful to hear from anyone with some info and/or own experiences to pass on.

Also, I have had no success trying to grow **SOAPWORT**. I live in the dry tropics and maybe the climate is just not suitable, but most other herbs will grow easily providing I do not let them dry out. I would like to hear from anyone else re their success/failure with *Saponaria officinalis*.

To Wendy Burgess re a '**RINSE**' FOR VERY OILY HAIR: Boil the sliced peel of four lemons in 1.15 litres of water. Cover and simmer for 10 minutes. Allow to steep for two hours. Strain, add the juice from four lemons. Bottle. Allow 48 hours before use in final rinse. Or, try infusing one handful yarrow (*Achillea millefolium*) in 1.7 litres boiling water for 20 minutes. Use as final rinse.

Colleen,
PO Box 113, PINE CREEK 0847.



Dear GR Readers,

Can anyone please help with some advice and some handy hints that will help two novices with their **POULTRY** (ducks and bantams, ex-battery hens). I would dearly love any information.

My husband is allergic to chocolate (or cocoa), but can tolerate **CAROB** well. Does anyone have some nice recipes for cakes, slices or biscuits?

Nina Gracie,
PO Box 308, PALMERSTON 0831.

Dear GR and Readers,

I'd like to relate a saga with a mystery illness. For some years I have had almost daily headaches (particularly in the afternoon) and what I had supposed was a chronic toothache, in addition to a sore neck, sore back

Feedback Link-Up Feedback

and a variety of minor ills. After years of going to doctors ('It's just a virus - here take these.') and several dentists ('You definitely need root canal work.') and chiropractors ('Lousy neck and back you have there - see me next week.'), the culprit is finally known!

It is TMS (temporo mandibular joint pain dysfunction). As it lies 'between' the medical and dental professions, no one got it right. TMS is basically a tightening of the jaw muscles which causes pain. Usually the jaw has 'moved' to a new position (often following periods of stress) and remains there even after the stress is removed or relieved. Further indications are teeth grinding during sleep and jaw-clicking while eating. Apparently TMS is a reasonably common problem which few diagnosticians seem to notice. For straightforward cases a solution is at hand which involves making an impression of your bite and wearing special plates or 'splints' while sleeping. With luck, the problem goes away after several months. Hooray! I hope this info helps anyone out there who has been silently suffering for many years. Ring the Dental Hospital (who have a TMS clinic) for further information.

On a completely different note, I supply computers - both hardware and software - to rural clients. Since I work from home I have little in the way of overheads and am therefore willing to help GR readers with special rates.

Michael,

PO Box 917, ECHUCA 3564.

Dear Megg,

I have been reading this magazine for about 10 years and I have managed to acquire almost all of the back issues to No 1. It is the greatest magazine and I was inspired enough to move to own six acres in 1989. I live in a town called Kin Kin in the Noosa hinterland. It is a great little town with loads of potential and friendly people. I run 30 Angora goats on about four acres of my property and they can't keep up with the grass. I have just commenced working for a real estate agent at Cooroy. I work for a local firm and we cover the Noosa Hinterland. If anyone wants to know any information or advice about the area just give me a call or write. Thanks for an inspiring magazine.

Gwen Morton,

Kingora Park Angora Stud,

MS 626, KIN KIN 4571.

AH 074-854-291.

Dear Megg & Mary,

Thank you for your wonderful magazine. I only have your GR 99 at hand; my grandchildren are 1/2 Aussie so I've been in your precious land about yearly for a decade. I am presently working toward a move there, God willing, etc. Since I won't be on the land right away, and may never, or be strong enough to be self-sustaining, what I hope to learn from you all is this: in your fair land, are there any **STORAGE FOOD COMPANIES**? I've been around the barn with the Aussie Consulate/ Trade Commission. Have been referred to and called Los Angeles and New York City even, received polite suggestions re this and that. Finally realised that if anyone knew directly, surely GR readers would.

In the 70s some of us went through a survival stage. Bought nitrogen-packed (or whatever), but not degerminated, wheat in five gallon tins. Or we packed it ourselves using dry ice, painted the cans white, etc etc. Someone threw these all away. So I hope you all have some ideas on the subject.

Thanks again for your magazine and the care you put into it. Aloha from Hawaii.

J W Close,

33 Aoloo Street #339.

Kailua, HAWAII 96734, USA.

Dear GR Readers,

GR has given me much joy since I came across it three years ago. I was doing it hard for a while, overcoming some problems of the past and I've enjoyed the positive feedback and information in the pages. It's great to see so many people doing good things. I've built a forge in the back shed, started a worm farm, tried a myriad of recipes and have felt the GR feeling growing inside. So thanks to all out there who make it such a great mag.

I would like to hear from anyone who is building their own home and would like **AN EXTRA PAIR OF HANDS** for a few weeks. I'm planning to build my own home in the bush one day and would enjoy the opportunity to learn a bit on the job, and just escape the city for what for

me would be a positive holiday. I'm pretty handy with tools and can weld. Anywhere in Victoria would be OK, or even south NSW. My time is pretty flexible, so maybe a time can be made when there's lots to do!

Ben Kemp,

203 Arthur St, FAIRFIELD 3078

Dear GR,

In reply to V Walsh's (GR 102) query on how to remove her unwelcome guests (**BEES**). We had a similar problem and were told to hang fly trap strips one on either side of the hive entry. It took a couple of weeks to get rid of every last bee. We used Aeroxon Fly Catchers and hung them about 30 centimetres away from each entry. It worked for us and I hope it is of some help to you.

J Exell,

DUNOLLY, VIC.

Dear GRs,

To Miss Paranoid (GR 102), refer **FEAR OF SNAKES**: we have similar snake problems but on a much larger scale, i.e. 180,000 acres. We have a few strategies plus other hints from a First Aid Course. First, yes, wear gumboots and gloves, but if they get too hot wear leather work boots, jeans and mud gaiters (available from disposal shops) over the jeans. It may look silly but it really works. A good pair of leather work boots, not sandshoes, are a must. We also always carry a radio, a UHF hand-held. Find out what is used in your area, UHF or CB, and what channels your near neighbours use. We have them in all the houses and vehicles and most trucks have them. Hand-helds can cost up to \$500, but they have a multiplicity of uses and are invaluable as a communication device.

See your local ambulance or first aid centre and explain your problem to them. Our first aid officer suggests staying put and immobilising the bitten limb if a long way from help. Otherwise, if you think you can get to help fast, go for it, remembering to move the injured limb as little as possible.

I enjoy Susan Hands' articles. My husband grew up till he was six at the Palmerston National Park. His father was the NPWS Ranger there and he built a lot of the picnic area and walking trails in the park.

Congratulations on the 100th edition. It would be interesting to find out what the contributors to the first edition are doing now.

Mrs Karen Long,

'Mt Marlow' Shed, ISISFORD 4731.

Dear GR Ladies,

For some time now I have been pondering the problem of disposable menstrual products. After all, I used washable cotton nappies for my baby in preference to disposables. Having talked with friends who have tried folded babies' nappies and sea-sponge tampons these did not seem like attractive alternatives, but I have now come up with a design for a more streamlined cotton menstrual pad of adjustable thickness, which can replace both panty shields and sanitary pads.

I have found the design both effective and comfortable and would be happy to share it with anyone interested, in the interests of **DISPOSING OF DISPOSABLES**! For a copy of the pattern, and instructions for both sewing and washing, send a stamped, self-addressed envelope, plus an additional unused 45c stamp to cover costs.

Anthea Trevelyan,

60 Richmond St, COLLEGE PARK 5069.

Dear GR,

I have recently been introduced to your magazine - **GREAT!** Just the sort of information/communication network I have been looking for. I would love to hear from anyone who has any information regarding **WHEAT-FREE/YEAST-FREE BREAD**. How can I make it at home? Are there any companies who produce it? I would appreciate any help with this as my father is ill with stomach problems and this is one of the recommendations to help, but he really misses his bread.

Jo Porter,

35 Raymond Rd, SPRINGWOOD 2777.

Try to obtain 'The Natural Tucker Bread Book', by John Downes, Hyland House Publishing, RRP \$9.95.

Feedback Link-Up Feedback

Dear Megg,

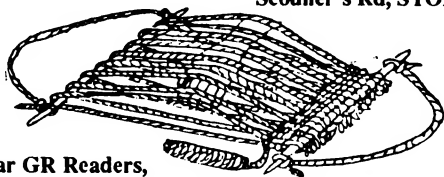
The Purdys requested information on an EASY TIN CUTTER. I'm certain others will want to know. This one's easy. A plumber put me on to it years ago. Use an electrical circular power-saw with a plain old (throwaway) blade inserted in reverse. Do not use one of those blades with hardened teeth as the teeth will (I believe) shatter, the results, extremely dangerous.

Before you start, you'll need good earmuffs, eye protection, pacified neighbours, and send the missus and the kids away for the day – anywhere, a thousand miles away, use any pretext, the noise will be highly offensive, but it's just what the doctor ordered for cutting corrugated iron. It's quick and won't spread the iron, but its finish is a bit jagged.

Also, correspondents have been enquiring about rootstocks (and I presume shortly about grafting-materials for fruit trees). Try the Department of Agriculture, Horticultural Division in your particular state. Readers are inclined to under-use this (and similar) government departments, and polarise ourselves away from their advice.

PS: The method of cutting corrugated iron causes a lot of sparks, so fire safety precautions must be taken.

George Read,
Scouller's Rd, STONEYFORD 3256.



Dear GR Readers,

I'm an avid reader of 'our' magazine, have been for some years. Found No 100 just great!

Does anyone have a method of GETTING RID OF ANTS? Some mornings my sink is literally covered in them. I need both a killer and a repellent, I keep my sink spotless. Help please!

I've been making small items with a BASIC TWO STICK WEAVING LOOM (GR 98). I preshrink all yarn and use rubber dunces' hats (made to keep knitting stitches on the needle) to keep the ends in order. I've used a length of cane to enlarge the size of loom and with a good mixture of colours I'm having great success! I've taught some children to weave this way and also to knit. Knitting has been lost to a generation of women here in Australia. If we all help children to learn, it all helps Australian wool growers.

I'm a little disappointed at the lack of manners by some who do not reply to answers to their requests. One lady I posted a small pattern book to and ugh – no reply. Other bits and pieces I've sent: recipes, seeds etc, same treatment. One young man requested a book. I forwarded this at no cost, in return mail I received two books of stamps. Much appreciated!

I have a quick snack recipe. Two beaten eggs, 1/2 cup skim milk, some wholemeal SR flour and some cooked mashed vegetables. Mix together and cook as patties in a hot flat pan and olive oil. Tasty!

How many of us really look for goods that are fully Australian made. I do to the best of my ability. Imported food I never buy, unless the item is not grown in Australia, then I have no choice.

Greetings to the not so well and anyone who is lonely.

Marje Bates,
DANDENONG 3175.

Dear GR & Co,

Issue 100&1 was great. It got me going. I've been digging clay and spinning cotton! Now, once before you helped me and I sure hope you can again with my request. I am in search of CORN OR MAIZE. It is a very important part of my vegetarian diet. One to 100 kilograms, organic, open-pollinated, preferably on cobs, even in husk, will pay well, any colours. My regular supply was troubled with drought and other problems. In hope...



John Saga,
'Kirpal Kendra',
Milbrodale Rd, BROKE 2330.
Ph: 065-791-129.

Dear GR,

I am sure there are genuine people who have written to the CON-

TACTS PAGE and who have been successful in finding a partner/relationship/friendship with another genuine person. I do wonder about the honesty of people sometimes. I wonder if people don't write ads in contacts before they are ready for love and commitment. If you are not truly ready, what is the point in looking? Those who say 'ALA' but you never hear from them. Do they not care that it takes a lot to answer, and to be left with no word is a dreadful feeling? Much better to be honest and say, 'I don't feel a connection with your letter', or, 'I have too many replies already, thank you'. Anything that's honest would do, but nothing is more dishonest than a lie. Also, if you have kinky or weird habits, not everyone would run from them, none of us is perfect, but to leave things of that nature until you've been writing for months and months, allowing the other person to get attached, then drop it on them, will probably always end negatively, because it was left so long.

I am no longer convinced there is a man alive who is on his own and normal, ready for a relationship, ready to be loved and to love, or, who understands life is for living in the best way you can now, and we don't live forever. I'm only 42, but I would rather be alone for the rest of my life than go through the hurt again of being in touch with men who don't know what they want, are too afraid to give it a go, or who put ads in contacts when they are not ready for replies. I just wanted a hand, love and not to grow old alone, enjoying peacefully the rest of my life with a real mature man. That's all.

Diane Hicks,
RSD 886, Longridge Rd,
Montana, DELORAIN 7304.

Dear GRs,

Can anyone help me with the following?

A manual pump for a bore approximately 100 feet down. How do you make powder from scratch e.g. what plants to grow. Also advice on baby oil, rice, carob, flour, soap without poisons, cheese using nondairy products, how to use salt water, how to make your own pavers, grow lentils, grow soya beans and make into milk etc, baking powder, baking soda, recycle paper for writing and toilet. Basically I want to be totally self-dependent.

Debbie Carmelito,
PO Box 1793, TOWNSVILLE 4810.

Sounds like you need to go to a library and borrow an armful of books or buy some GR back copies.



Dear GRs,

If anyone could supply me with a recipe for YEAST-FREE, SUGAR-FREE BREAD I would be most appreciative, as I have not been able to find one. It is very important to me not to include this in my diet.

P Ballback,
54 Dudley Rd, CHARLESTOWN 2290.

Try 'The Natural Tucker Bread Book', by John Downes.

Hello GR Team and Readers,

This is my first letter to GR. A friend showed me a copy of GR in 1986 and I have been hooked ever since. I would like a few BACK COPIES of GR if anyone has some to spare. I have all copies from No 74 to 102, but Nos 91, 92 - 101 are missing. Does anyone have pre-No 74. (I have no 54 & 57 only). Please advise on cost.

I would like to hear from other GR people anywhere, especially in the MACKAY – BOWEN area. I live in a bushy haven with my partner, daughter, and lots of native birds and animals. Some of my interests are sustainable/natural lifestyle/agriculture, herbs, native and edible plants, photography, craft, sketching, poetry, writing, self-sufficiency, etc. I am not into way-out things, just caring for our fragile, precious environment. I feel like I am among friends when reading Feedback.

We have a big problem with GREEN TREE ANTS; any suggestions? Thanks for a great magazine.

'M'(GR 105)
C/- PO Box 242, EUROA 3666.

There are often a couple of ads in the Grassified section for back copies. Also, most back copies are still available from us for \$4 each, incl postage. Send a long SAE for a back copies list.

Feedback Link-Up Feedback

Hi Everyone,

Many thanks to you all for much inspiration and hope! Some day soon Greg and I are hoping to go forth from this, at times, crazy place called Sydney and seek the quiet life. At the moment we're not sure how to go about it. Maybe we've been living here too long because, I think, our main problem is the fear of the unknown: leaving good jobs, income, plus the 'what if this happens' mentality!

To help us make the move, we'd really appreciate any **ADVICE** from people who have 'been there and done that'. We feel we need a bit of encouragement and information to help us make the right decision for us. Questions we keep asking ourselves are: How much money do we need aside from purchasing land/house? How to create our own income?

I've completed my Diploma of Aromatherapy (at the moment experimenting with making natural cosmetics using essential oils). Am employed as a library technician (not quite a librarian). Greg is a painter/artist and can make things out of bits and pieces. At present he's trying to put together a recumbent bicycle. Greg is employed as a computer operator. We've recently paid off the loan for our unit, hoping to rent it out for a future income somewhere down the track. Maybe we should sell it and just go for it? I know the decision is ours but it would assist us greatly to hear other people's experiences.

Sue Pears & Greg Rich.

6/209 Auburn Rd, YAGOONA 2199.

Dear Megg,

I enjoy reading all your little bits of news in your Feedback, they are very interesting. I was wondering if any readers had a recipe for making **BARBECUE SAUCE**. I have plenty for tomato sauce, but haven't been able to find one for barbecue sauce so thought I would try asking GR readers.

Jean Webb,

3 Hammond St, RINGWOOD 3134.

Ph: 03-870-9952.

Dear GRs,

We've almost finished building the basic part of our own small home. In the process, we see and read of what others do along similar lines. It amazes us that fewer and fewer people see the many distinct advantages of having a **VERANDAH** all round their home. Verandahs are as Australian as kangaroos yet so many lean towards English style houses.

Regarding weatherboards and raw linseed oil (GR 102): I lived six years in such a house. The linseed was put on just before my tenancy and didn't need redoing while we were there. Like painted finishes, the two verandah sides fared far better than exposed ends.

Can anyone help me? In addition to gardening, I do a lot of craft. I am seeking some old **DOILEY AND TABLE CENTRE CROCHET PATTERNS** if anyone has any they no longer use, or photostats - willing to exchange with mine.

Also, in moving I had a box of irreplaceables taken/stolen off the van, both in Australia and overseas, I've tried to replace two books *Sorrel & Son* by Warwick Deeping; and by NZ author Essie Summers, the paperback (M&B), *Master of Tawhai*. If you can help me at all, I'd love to hear from you.

Betty Furlong,

48 Lockyer Ave, NORTHAM 6401.



Greetings,

Could you please help me find information on **SOLARCOMPOSTING TOILETS**? We are looking at the possibility of building several in the Khumbu area in Nepal with the hope that should they work the local people may wish to copy the design. We have built one designed by Peter Hillary behind the hospital at Kunde and plan to build another at the school at Thame next year. We're interested to find out any experiences others have had, successes or failures, with solar composting toilets.

Mike Grimmer,

PO Box 152, MT BEAUTY 3699.

Dear GR Readers,

I would like to thank all the people who wrote to us about our bore water, and our **PROBLEM WITH CLAY SOIL**. We answered all the

letters with names and addresses, and to the others we thank you through GR. We always thought if something was no good for the plants, the less they got of it the better. Our trees are now on a drip-feed with the bore water and are growing like mad. With bore water, it is best not to let the soil dry out, this is when the problems start. Keep the soil moist and the soda or salt or impurities in the water cannot build up. Mulch or potting mix overcome our clay soil problem and we are pleased to say our garden is now growing well. Many thanks for all the helpful advice.

Betty, Bill & Vanessa,

PO Box 355, CHARTERS TOWERS 4820.



Dear GR Readers,

I would like to thank all the kind people who sent me used **PHONE CARDS** for my collection. I have answered these people, but there were a few who didn't put in their name or address. To these kind people I will thank you through GR. Your phone cards, whether one or many, were greatly appreciated. GR readers are kind, thoughtful people.

Vanessa,

PO Box 355, CHARTERS TOWERS 4820.

Dear GR Readers,

I am writing in response to the article by June Grondin in GR 102 titled, 'Living With Arthritis'. In her article June talked about the wonderful benefits of **BARLEY GRASS** and how it is of benefit to a large number of complaints from high cholesterol levels to arthritis. I have recently been introduced to green barley grass and I have to admit I feel so much better for it. A few of my friends are also regularly eating green barley and they are finding very positive results from it, including increased energy levels, longer concentration span, more efficient digestive and elimination processes and improvement to a stomach complaint.

Barley grass is a living food rich in enzymes, vitamins and minerals. It is abundant in super oxide dismutase (SOD) which is a special enzyme that works for us by scavenging free radicals from our system. These free radicals are produced from the body's natural metabolism as well as from the toxins we breathe from the air, drink from our water and consume in our food, as well as from stress. Research has shown that a build-up of these toxins can be detrimental to general health and can lead to degenerative diseases and premature aging.

It was such a relief to me when I discovered a 100% organic solution to maintaining good health. It means I can give up all those vitamin tablets. I was not too sure about vitamins and their effectiveness since they have been processed and are no longer in their natural form (it works out a lot cheaper than vitamins too). Green barley grass I believe is a godsend to sufferers of degenerative diseases like cancer and arthritis. An insurance policy against poor health for those of us who believe prevention is better than cure and wish to maintain good health and wellbeing.

June also questions why we need to import our grass from Japan and why Australian farmers don't grow it. Well the good news is that they do. It is organically grown by Australian farmers for **SAFE** (Sustainable Agriculture & Food Enterprises), a wonderful company committed to replenishing our depleted soils, ridding chemicals from farming and the health of their fellow Australians. Readers who wish to obtain some green barley grass or would like some more information can write to me C/- Green Barley, 59 Macrossan Ave, Norman Park 4170. The cost of the barley is \$35.00 for each 200 gram container, plus \$5.00 postage per order (make cheques & money orders payable to Mark Tovey please).

Mark Tovey.

Dear GRs,

Thanks to the staff at GR for an informative magazine. I have bought the last three issues and read them cover to cover, plus a few back copies in between. What a breath of fresh air GR is. I love Feedback and the articles written by people striving for self-sufficiency.

I have one request: does anyone have recipes or uses for the **NEW GUINEA BEAN**? Any information would be appreciated. If anyone else would like to write, please do.

Louise Merigot,

295 Hayman Rd, LEWISTON 5501.

Feedback Link-Up Feedback

Dear Grass Roots,

With regard your points to ponder in the article on **STRAW BALE HOUSING** in June/July magazine.

I took the information that I had to our local council building department and showed them and they replied that they would have no problems with it. Of course it is built to regulations. Grazing stock would only make a meal if there has been plaster knocked off and they still have to get through the wire. With regard to mice, the straw is all plastered over so there would be no problem. The plaster is called stucco in America but here in Australia, roughcast. There are still plasterers around that do it. Finished (although I have only seen videos) they are very beautiful.

Mrs Alice Charles,
PO Box 83, BELGRAVE 3160.

Hello, all you 'Grass Rooters',

When I saw No 100, I remembered reading the first issue. I was at Kuranda at the time and was hoping that a magazine/publication like that would be able to continue. Well, now we all know it did. I couldn't always get hold of it, so finally I had to scratch, and subscribe. I like the Feedback pages. They really link us together. I don't go much for the ads, but I suppose these days they have become a necessity. Some look to me like straight out rip-off merchants looking for suckers! But of course – it takes all sorts.

I reckon you are doing a fine job editing the weeds out of the vegies! I'm a bit amused to see such frequent requests for soap and shampoo making – must be a dirty lot out there! How about a handful of sand and a scrub down at the creek? The 'girls' looking for contacts seem to be very specific in their wishes. A pity really, that they don't want to go bush. This is a big country. Why keep hanging around towns?

Jack Jacob,
Box 140, COOKTOWN 4871.

Dear GR People,

Does anyone have a cure for **CUTWORM**? I have planted 30 odd vegie seedlings recently and every single one has been bitten off neatly at the base of the stem. They were all in different garden beds so I must have them all through the garden – very disappointing!

Wendy Richmond,
10 Hancock St, EDMONTON 4869.

Dear GR Staff and Friends.

Congratulations on the 100 plus issues, may there be many more. In GR 102, Michelle Thompson of Belgrave, on page 36 wrote to say she had plans for a **TREADLE OPERATED WOOD LATHE**. As I have been searching for such a plan for several years, I wrote to Michelle requesting a copy, enclosing a five dollar cheque to cover expenses, only to have my letter returned from the dead letter office marked 'no letter box'. If Michelle, or any reader has such a plan, I would appreciate a copy.

T C Bird,
PO Box 386, YEPPON 4703.

Dear Grass Roots,

I have a request for a recipe for homemade **NATURAL SOAP**. I know there is a soap (vegetable oil based) that is sold at markets. This is the sort that I'd like to make. I would want to add essential oil to this recipe.

Another request is directions for **TIE-DYING**. I do not really know anything about this. The only thing I have heard is that you need the different products for synthetics and natural fabrics. If I was able to have the directions for both it would be very helpful.

Judith Scammell,
33 Edward St, BELGRAVE 3160.

See GR 100 for vegetable oil soap.

Dear GR,

Hi this is only the second GR we have read. We both think it is great. Our dream in 2-4 years is to purchase some land to make a living off and to be relatively self-sufficient. We are 36 (Stephen) and 27 (Tracey) and our children 8, 7 and 4½. We are interested to hear from people in south-west Queensland who have achieved their dream from being a regular one wage earning family and how you did it? Also could anyone supply my husband with a recipe for **BEEF JERKY**. Please!!

Tracey,
53 Cordelia St, SURAT 4417.

Dear GR,

I am interested in participating in a **DRY LANDS PERMACULTURE COURSE**, does anybody know how to go about starting one in WA? I would also like to find out about the **DRUMSTICK TREE** (*Moringa oleifera*) which is grown in the Philippines. Are seeds available? Ditto for the neem tree and comfrey as a green mulch in orchards.

Janet,
PO Box 2527, GERALDTON WA.

Dear GR Folk,

As I read through the Feedback pages, I make a pencil mark against letters to which I might reply and I thought that it might be easier to do so through these pages and reach more people, who might also have had a similar question.

To S Cunningham of Boorowa: I have a beaut book called, *The Penguin Book of Kites*, by David Pelham, ISBN 0 14 00 4117 6 – a very comprehensive book.

To M & S Anderson of Ingham: In addition to information from owner-builders of mud/stone/alternative homes, we got invaluable info (and found our architect) from the *Owner Builder Magazine* available at newsagents (comes out about the same time as GR) or subscription – see ad in GR under Publications for more info. Mrs K Britton also note.

To Libby Gr 103: Yes, laminated cupboards can be successfully painted with either oil or water-based paints.

To Mrs Trish Parker of Geraldton: I was told by a ranger that it is not good to feed bread to wild birds. Apparently, it bungs up their insides. We now feed our wild magpies and pigeons Wild Bird Mix, a mix of different seeds available at most supermarkets. They just get a handful in the morning, so they don't become dependent on it – it's just a small treat – and we have a 44 gallon drum top nailed to the top of one of our boundary posts right out in the open, so no predators can sneak up. It will be better when your trees have grown. Also, if you have a good shelter tree, a bowl of water on a 44 gallon drum under it will draw birds for miles in the heat.

To all those looking for information on mud bricks, rammed earth, etc: two of the best books are *Dirt Cheap* and *Mud Brick and Earth Building the Chinese Way*, amongst many books and magazines available, including articles in back issues of GR.

To Mrs Anderson (again): The main thing about **COMPOSTING TOILETS**, whether owner-built or commercially made, is that the seat needs to be well above the collecting area below. I have a plan (somewhere) for a do-it-yourself composting toilet and the two main criteria are good height and good ventilation, so, if anyone is interested, I'll see if I can find it.

To Kerry Cooper: 'Wicca' is the old English word for a masculine witch, the feminine being 'Wicce'. 'Wiccan' is, therefore, the adjective. I hope these replies have been of interest and/or have helped answer some of the questions asked.

Now, a couple of things I'd like to know, if someone can help me. Is there a **WOOL INSULATION BATT** out there anywhere in Victoria at a price which is comparable to that of fibreglass batts? Or that doesn't cost an arm and a leg? I would very much like to help the wool farmers and insulate with wool, but I'm having trouble finding a good source of wool batts and the word is that they are about eight times the price of fibreglass, which puts them way out of my price range.

Lastly, does anyone know the whereabouts of a long-lost friend of mine, James Davidson Gillan, usually called Jim, but who I knew as Jady? We grew up in Mentone together, but lost touch through many moves and I would very much like to get in touch again. He and his sister Margaret lived at No 35 and my brother Peter and I at No 59. Last time I heard from Jim, he lived somewhere in Sydney. I do hope this appeal is successful.

We are quite close to moving in, after being on the building of our house for over 5 years and living in a small shed for four of those years. It still won't be finished, but at least we will have a bit of room to move about in while we do all the 'fiddly bits'. I'm really looking forward to it. And we are both still (mostly) sane! GR has helped keep us that way – knowing that there are so many others doing 'their own thing', building muddies, growing their own food and trying to live a more simple and fulfilling life, without the hassles and rush of city life – and it's especially nice that so many young people feel that it's such a good way to go. Hold the Dream!

Jenny Lacey,
55 Gorry Rd, Red Lion, via TALBOT 3371.

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Feedback Link-Up Feedback

Dear GR,

While Karen Cunningham's selfless attitude is to be commended, surely there are many more deserving cases than PRISONERS to lavish her sympathy upon. These people are in jail because they are criminals, and in these days of slap-on-the-wrist sentences they must have committed horrendous crimes, or offended repeatedly, to actually be behind bars. Their problems are self-inflicted; their victims' were not. Surely the kindness, help and support you are so ready to bestow would be better applied to those sinned against – not the sinners. Prisoners are in jail to pay their debt to society and they are a darn sight better off than many unfortunates on the outside. Save your sympathy and aid for those who deserve it. Let's hear it for the victims!

Beth Warren,
Woodrow Road, WOODFORD 4514.

Dear GRs,

The 'Cleanhouse Effect' in GR 99 was an amazing article! More and more I am hearing people say they have the symptoms described, especially caused from NEWSPRINT. It would be interesting to know what TOXIC CHEMICALS are in some newsprints, as some are very strong smelling indeed and are responsible for some blinding headaches. Some of the more glossy and highly coloured boutique magazines contain arsenic in the 'newsprint', admittedly in very minute amounts, but then who knows how much is enough?

Another stinker are the more modern cars running on unleaded fuels, just follow one of these for a while and a blinding headache is guaranteed. Some people suffer from riding in these stinkers and you can certainly smell the rotten egg gas within the car. So despite all the hoo-ha about clean air, where are we in 1994? Somebody isn't coming clean and it would be hell to live in the cities with all the new car pollution.

Ken Gray,
GRAFTON NSW.

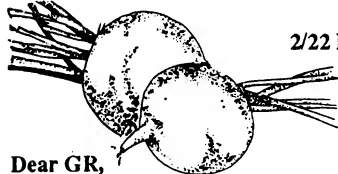
Dear Grass Roots,

I had seen your magazine in book shops, but only recently made my first purchase. I was delighted with all the interesting letters and articles, and will certainly be buying more. I am not from a farming background but have always lived in the country, and now as a retired 'senior citizen' living in a unit, I am enjoying an easier life with plenty of time to indulge in crafts etc, with the occasional visit to the city.

To all those people who find it difficult to GET OFF TO SLEEP. If you are lucky enough to have a full sized bath, soak in some warm lavender-scented water before bedtime. The water relaxes every muscle in the body. This always helped me when I had a hard day and I never had any trouble sleeping then.

I also have a request. If any readers could give me the recipe for BEETROOT CHOCOLATE CAKE, I would appreciate it.

Mrs B Jenkins,
2/22 Beattle Rd, SCOTTSDALE 7260.



Dear GR,

In a recent edition of your popular magazine, I had asked for information on SMOKING AND CURING MEAT. I have had so many replies to my request and I began to answer them all personally, but I am still getting so much information in the mail that I may not be able to answer all individually, so let me say thank you to each and every one who bothered to find the time to photocopy and write individual letters with so much information. I would have never believed that there were so many people willing to help others. It is of great credit to readers.

Another request. I began to crochet a tablecloth and was sure I was going to be able to purchase more cotton when I needed it. However I got halfway with the cloth and when I tried to buy more cotton I now find that the manufacturers no longer produce this ply. I am looking to buy at least six balls of COATS 'ANCHOR' BRAND eight ply white crochet cotton, to allow me to finish the cloth.

Once again, many thanks to those readers who have been so much help to me.

Muriel Christmas,
PO Box 33, MALDON 3463.

Dear GR,

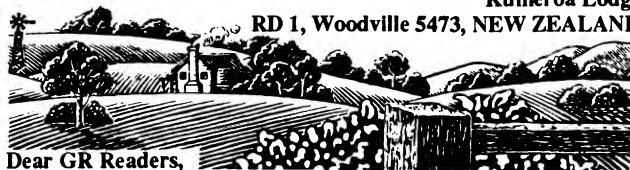
It's good to see your magazine being sold in more bookshops in NZ, as it used to be a real search to find one. It's a pity that it is five weeks after print before we can get one, but I know it doesn't date.

The WWOOFer scheme is going well in NZ, and I guess we have had 20 to stay since 1993, mainly Germans and English. If any readers are visiting the North Island and would like to stay either for a short or long term feel free to write, as our BELGIAN BLUE CATTLE and GOTLAND PELT SHEEP are not something you can see everywhere, and help is always appreciated.

We sent wool samples of the blue-grey Gotland wool to those who asked for them. If any other spinners would like a sample let us know. We can also help with ideas and information about the Belgian Blues, as we have learnt a lot about them as we have bred to our current 45 animals.

Finally, if any children or a class of children would like to be PENPALS with pupils from my class at school (7 to 9 year olds) feel free to write c/- my address and I'll match you with a suitable pupil.

Warwick & Heather Grady,
Kumeroa Lodge,
RD 1, Woodville 5473, NEW ZEALAND.



Dear GR Readers,

I have been reading your magazine for some time now and have read of people looking for a better way of life. Speaking from my own experience, the first big step is to ESCAPE THE CITY. I took the plunge seven years ago, left a nice secretarial job in Melbourne, packed up my horse and cat and chattels and left to do a job that I hadn't even known existed six months previously. I went from typing and computers to artificially inseminating cattle! I also have a fantastic and supporting man who followed me and stuck by me all this time. We have moved five times in the last seven years and recently bought a cottage on 10 acres in South Gippsland. I have done so many different jobs, cooking in pubs, picking peas, A.I.ing, working in a cheese factory, and pumping petrol. My advice is to give things a try, never let inexperience slow you, have willingness to learn, and most of all, be friendly and smile with life. To all those city-bound people – get out and try life in the country, it's fantastic.

I hope some of the following advice will help readers with problems. To Chris and the pup with RINGWORMS. Remember that ringworm is a parasite and needs air to survive. Cover it thickly with Rawleighs or such, put a bucket collar on him to prevent him scratching it or licking it in other places and most importantly keep him away from other animals and children. Keep putting salve on and eventually it will go away.

For people with cats or dogs with MANGE PROBLEMS, try breaking open garlic oil tablets and rubbing the oil on the affected areas and feeding them a garlic tablet daily. This is also great for fleas too. I was told that the parasites hate the taste of garlic and leave. We also know the therapeutic value of garlic on humans. My girlfriend feeds her horse fresh garlic daily and believes it helps to keep away stomach parasites and keeps the coat and skin in great condition. The only drawback is when the animal breaks wind!!!

To Kerryn and that poor horse. GREASY HEEL is not helped by muddy and wet conditions. If this is the case, get him out of the mud and onto drier ground. Drain his paddock by making a drainage system and covering the area with scoria or bluestone gravel or such. It's hard work but will help. Also don't trim his fetlocks and the area around his hooves – the hair was put there to protect the heel and drain water away from them. If you wash him often, make sure these areas are dried properly. Treat the cause, not the symptom! My mum also reckons to scrub the area with salty water and a brush and dry well. As for the flies – try garlic, it might work!

Now I'm after some advice myself. I'd like some information on growing KANGAROO PAW commercially. All info received will be greatly appreciated.

Tracey Elso,
RSD Helms Rd, STONY CREEK 3957.

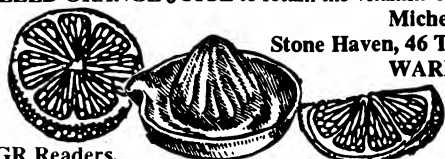
GRASS 46 ROOTS

Feedback Link-Up Feedback

Dear GR Readers,

Hi! I am writing in the hope that someone can give me advice about **HERBS AND ESSENTIAL OILS** that are safe and beneficial **DURING PREGNANCY**. All the books I read contradict one another, as a result I have limited my herb intake to culinary quantities. I am interested in hearing from anyone who has experienced a birth centre birth. My first baby is due in November and I am planning on going to Blacktown Birth Centre.

One final question: Is there any way to **PRESERVE FRESHLY SQUEEZED ORANGE JUICE** to retain the vitamin C?



Michelle Townsend,
Stone Haven, 46 Terrymont Rd,
WARRIMOO 2774.

Dear GR Readers,

My husband and I recently moved to Barmera in the Riverland, to live on a friend's 600 acre property. This was to become a clothing optional resort, but unfortunately the financial backer became ill with cancer and could not continue. We are now looking for our own property. With 16 pet sheep, Muscovy ducks, birds and a dog and cat, it's hard, particularly on a pension, but we'll get there, hopefully sooner than later.

I would like to thank whoever suggested using **CHARCOAL** to treat scouring bottle-fed lambs. Where we used to live, I had the job of 'adopting' the orphaned or deserted lambs, and saved 29 out of 32 last year, thanks to 'GR' and love.

Now for my main reason for writing. I am looking for someone who would care to write to me. I am 46 years old, keen on all animals, gardening organically, fishing and crafts: cross stitch, knitting and tapestry. I read, do crosswords, and feel enclosed in cities. I am also a naturalist, both at home and a club member, but that is not a prerequisite for a **PENFRIEND**. Hope to hear soon, and will answer everyone.

Rosemary Marks,
PO Box 756, BARMERA 5345.

Dear GRs,

Recently, it was announced that all five of the **GOVERNMENT OWNED NURSERIES** are under threat of closure. Each of these nurseries is in a different country region. As well as providing native trees and shrubs generic to their area, the nurseries also propagate rare and threatened plants. An example of this is found here in the Central Highlands where the species *Banksia marginata*, in part of an Australia-wide study of the distribution of banksias, was found to be almost extinct. Our local government nursery, which has operated at Macedon since 1873, has successfully propagated this banksia which now may be seen in many a garden in the district.

Three important questions exist with this issue. What nursery will propagate, stock and sell inexpensively and on a large scale native plants to the public? What will become of threatened species? What will be the environmental cost to our state of the closure of these nurseries?

Brenda Morgan,
PO Box 108, KYNETON 3444.

Dear GR,

In recent issues readers have been asking about **MULTIPLE OCCUPANCY** and communities. We recently moved into the Boranup Community Inc, which is situated in the south-west of WA close to Margaret River. Close to the coast and heavily treed, the property is about 275 acres and there are roughly 20 dwellings on it. Some members have blocks but still live in areas where they can easily earn money or offer their children a variety of educational facilities. Most of the houses are completed, although some are still in progress. The way Boranup Community works is similar to other communities I have encountered. It has a constitution and clearly defined guidelines.

My partner and I were required to attend three monthly community meetings and visit the various members, both at the community and in the city, before members voted upon our application. A 75 percent positive vote was required. I found attending the meetings and getting to know members by visiting them quite a harrowing experience. I felt vulnerable and very much on display, but it was also incredibly worthwhile. Both at the meetings and at people's houses I gained valuable insight into the problems and issues

which the community faces. I believe I was then able to see what I was getting myself into rather than being dazzled by the beautiful location and forests.

As in most communities, whether they be neighbourhoods or groups of friends, there are cliques, friction, hurt feelings and the ones who do most of the work and those that take a passive stance. But, on a positive note, there was an overall feeling here of people who were prepared to work out their differences, prepared to overlook their personal issues for the good of the community. At present, a workshop is being planned to discuss future options for the community and I believe this will help bring people together. To anyone considering community, I urge you to shop around as there are a variety of communities available, some may not suit your needs while others definitely will. We bought a half-completed house here at Boranup and that is a challenge, but one which offers us many opportunities to learn.

On another note, pardon the obvious pun, I am looking for other autoharpists to connect with. I began playing **AUTOHARP** about two years ago and have found it an inspirational instrument. Whilst I am only a beginner, I would love to hear from other autoharpists who may be able to swap music and tips. For those who have not heard of autoharps, why don't you visit your music store and hear one? The instrument was invented in the 1800s and is very easy to play, melodic and, unlike many other musical instruments, even when played by an absolute beginner sounds harmonious. It is a wonderful instrument for children and was once the most popular musical instrument in the USA. It was also a common instrument in primary schools in the 1950s.

Keep up the good work, Grass Roots team. Your magazine is marvellous.

Kaite Hansen,
RMB 335, FOREST GROVE 6286.

Dear GR,

I have spent the last couple of months going back over GR magazines in the hope of finding some info on **CHRONIC FATIGUE**. Unfortunately, I haven't uncovered any info and would therefore appreciate hearing from anyone who has suffered with CFS. As a result of this illness I have numerous food allergies and would appreciate any advice on dealing with these also. Recipes printed in GR would be a benefit to others I'm sure - no wheat, dairy products, meat, nuts, yeast.

On the positive side I have a tip for making **VEGETABLE PATTIES**. Mix raw vegies such as carrot, swede, parsley, onions etc with cooked pumpkin. There is no need to add flour or other binding agents. As long as the pumpkin is steamed it remains fairly dry and will bind well. I shape patties and put them on a tray in the oven and cook for about an hour.

Also, for anyone suffering skin rashes, try a bath with chamomile tea. Fill the bath with warm water and throw in half a dozen tea bags. It is amazing how soothing this is.

Rebecca,
C/- PO Box 801, LAVINGTON 2641.

The following books might be of benefit to you. 'Fatigue and How to Beat It', Leonie McMahon; 'Living with Allergies', Xandria Williams; 'No Milk, No Eggs', Pauline Moore.

Dear Feedback Readers,

I'd like to thank the many people from all around Australia for sending their favourite sauce recipes from my request in GR 102. There are a surprising number of tomato sauce recipes it seems. From this overwhelming response, I will be trying quite a few of these lovely recipes, as they are all so interesting.

Also thanks to the lovely people who wrote as penpals. It is one of the great ways of spending my time at home - especially now that I am finally living alone. That means I am able to indulge the luxury of doing my own thing, at my own pace and in my own time - heaven on earth. The only thing left now to complete that little bit of heaven is to live in the middle of nowhere, with the whisper of the wind and the trees for company.



Dear GR,

I'm desperately searching for the book *In the Life of a Romany Gypsy*, by Manfri Fredrick Wood. Would anyone have a copy to sell or know where I could get hold of it?

Di Morton,
PO Box 424, WOODEND 3442.

Feedback Link-Up Feedback

Dear GR,

Before I ask for assistance for myself, I'll answer some queries from the last issue.

Libby GR 103: I successfully painted **LAMINATED CUPBOARDS** using two coats of acrylic paint topped with clear lacquer. (Was still looking good when I left the house 10 years later!)

Geoff Philip: Sarsparilla tablets will considerably reduce the severity of **ECZEMA**. Marigold ointment will stop the itching. Sarsparilla is also excellent for seborrhea and psoriasis.

Jeannette Elliott: Where to start? **NEWSPAPERS** – make paper logs for the fire. Use piles of it in the garden, covered with underfelt, as a garden bank (poke plants in and water well). Use as mulch, or (in sheets) under pine-bark. Shred and put in compost (not too much at once). Make papier mache. **ENGINE OIL** – pour over gravel roads. (Makes it like bitumen.) **GRASS CLIPPINGS** – why collect them? They do more good where they fall. Leave them be. They can be composted in small quantities. **DEMOLISHED HOUSES** are a godsend to people on a low budget. All kinds of goodies waiting to be pounced on! Advertise the whereabouts and watch the bricks, wood, windows, doors etc, disappear. **CARCASSES** – small ones can be composted. Or burn them and use the ashes on the garden.

Now my turn. Can anyone please help me out with the following book? '*Potters New Encyclopedia of Botanical Drugs and Preparations*', by R C Wren, Health Science Press.

Does anyone out there have information on paper making using rags or plants?

R Burrell of Gynea, could you please share with us the information you received on **TOBACCO GROWING**. How about you, Neil Barnes?

Lastly, does anyone have a pastrami recipe – from go to whoa please? Muriel Christmas – can you share the sum total of the information you received on smoking meat and fish?

Wendy Wright,
RSD 467, ALCOMIE 7330.

Dear Readers,

In GR 103 Ria Murray requested information about **COLTSFOOT**. Coltsfoot (*Tussilago farfara*) is illegal for therapeutic use because it contains pyrrolizidine alkaloids. These constituents are also found in comfrey and borage. Coltsfoot is scheduled in the Standard for the Uniform Scheduling of Drugs and Poisons (SUSDP). The SUSDP is published by the Australian Government Publishing Service and is available from Commonwealth Government bookshops.

Re her son's asthma, I suggest that she seeks help from a qualified naturopath or herbalist who can see her son for a consultation, take a full case history and prescribe treatment for him. She could obtain details of a practitioner in her area by contacting one of the professional associations – for example, the National Herbalists Association of Australia, the Australian Natural Therapists Association, or the Australian Traditional-Medicine Society.



Flona Dey,
370 Doncaster Rd, BALWYN NORTH 3104.



Dear Megg and Mary,

Some years ago I decided to return to my small farm on the banks of the Fitzroy River. That was before Sally, a wonderful little Dexter cow, arrived from Canada and put paid to the retirement part of the Grand Plan. With the aid of some pretty amazing technology (embryo transfer) she multiplied at a rapid rate. The best part of my day is my early morning cup of coffee, taken on the front verandah, listening to the bird calls and watching Sally, her daughter and grand-daughters going about their business. It is like a dream come true.

I am also anxious to contact anyone who has successfully grown amaranthus and who may have devised interesting recipes using amaranthus flour. I have had difficulty identifying the best seed to sow.

I congratulate all GR personnel on the production of a unique publication. Feedback is my favourite. It reminds me of those wonderful days, long ago, when friends and families actually corresponded regularly.

Lal Trenerry,
Mini Downs Dexter Stud,
M/S 1307, Pink Lily Road, ROCKHAMPTON 4702.

Dear GR Readers,

In GR 99 a young person was looking for something to stop the **TEENAGE PIMPLES**. In GR 103 Alf Pickens gives some good information on diet. Yes, the more raw fruit and vegetables, fresh juice and water you have in your diet the easier it is for your body to cleanse itself. But I felt there was one important thing Alf missed, that was the hormonal change going on in the body. We are all just that little bit different from one another. I find a good way to stay in harmony with your entire system is through meditation. You stay in touch with your physical, intellectual, emotional and spiritual self. Stress burns up fine energy, which causes a lot of our skin problems. Through meditation you will get lots of energy. Close your eyes, relax and give it a try, with a relaxation tape – there are plenty to pick from.

Helen Webb,
PO Box 43, WOODFORD 4514.



Dear Readers,

Many thanks to Kathy Jacobs, and Ann Walker, Gr 103, for their sane and balanced articles on cats and **CAT OWNERSHIP**. The 'witch hunting' time is back, and although their owners may not be burned at the stake, the cats may well be!

I remember when I was a child living in the Melbourne suburbs, and our backyard was full of redbreasted robins, and blue wrens, and 'our' kookaburra came every day to sit on the clothesline to wait for his piece of meat. Did the cats drive them all away? No, it was man, clearing their habitats, cutting down their bushes and trees, expanding ever further as new blocks were cleared, and new housing went up.

Moving some years on as a young mother I lived with my family in Eltham. There were vast tracts of untouched land, beautiful with all sorts of wildflowers. One of the delights of the kids and I was to go for long walks at the weekend, seeing how many different sorts of wildflowers we could identify, and what sort of birds we could see. Then in came the bulldozers, the land was flattened, instead of flowers all we could see were dusty, barren tracts of earth. Perhaps the cats ate all the flowers?

No one denies that cat owners should take responsibility for their pets, and the ones that care, do. And at least we don't have pit bull cats that race out into the street and rip up their victims!

Cats do sometimes kill birds, and birds kill other birds. I once rescued an escaped canary, that was being harassed and pecked in my backyard by the 'native' birds, who had decided that it was undesirable.

Last year I happily took part in the National Bird Watch programme, recording over some weeks which birds still came into my very suburban backyard. I still get blackbirds, doves, minahs, starlings, sparrows, mudlarks, sometimes gulls and ravens, and a willy wagtail now and then, and very often I've looked out the kitchen window and seen the birds feeding on the lawn, with one or other of the cats sitting barely inches away from them, all blissfully ignoring each other.

I also have a possum which comes most nights to feed. One midnight foray to put a banana into the fork of the paperbark for it, found possum sitting under the tree, having a tete-a-tete with two cats. My son once reported actually seeing his cat and a possum playing with each other, racing up and down the tree branches, and playing peek-a-boo through the leaves. Cats kill possums? Well if I was a cat, I'd think twice about tackling those formidable claws!

Yes, cats will kill if they're driven to the brink of starvation, as will humans, who have been known to eat human flesh. Our wildlife is precious, but no less precious is the warmth and companionship that a pet cat (or dog) can give. It's a well documented fact that holding and stroking a cat can lower blood pressure and instill a sense of peace and calm. I've often given an angry or sad child a cat to hold and cuddle to help them regain their equilibrium.

I've even read of a hotel in New York which, at your request, will supply a friendly cat to sleep on the end of your bed, if you're far from home, and missing your own Moggy! Responsible ownership – yes. Desexing – yes. But, witch hunting? No!

Ellie Whitaker,
300 Raleigh St, THORNBURY 3071.

Feedback Link-Up Feedback

Dear Grass Roots Readers,

My son suffers from many FOOD INTOLERANCES and CHEMICAL SENSITIVITIES. He is extremely sensitive to salicylates. I find it very hard to give him a balanced diet excluding salicylates, which covers so many fruits and vegetables. He is also sensitive to eggs, dairy, colours and preservatives. Does anyone have any recipes which could help me? To make it even harder we are vegetarians, but I would be willing to feed him some meat if it helped balance his diet.

I have been advised by an alternative practitioner that geopathic stress and overhead transmission lines can cause food intolerance. Does anyone have any information regarding this? Thank you.

Mrs Jann Cope,
29 Yanagang St, WATERFALL 2233.

Elsewhere in the Feedback pages we mention some books which might be of use to you. Also try - 'What Can I Eat?', by Anne Clark, and, 'Healing Foods', by Walter Last.

Dear GRs,

I am the author of *The Cleanhouse Effect* and *New Faces* and, in the promotion of *New Faces*, I have heard many fascinating stories about unusual animals. As a result of this feedback, I've decided to compile a book of stories about unusual animal relationships and interactions, and I wondered if any GR people would like to share their experiences? All stories will be gratefully received - no matter how weird and wonderful! Please write to:

Robin Stewart,
LONGWOOD 3665.

To All Our GR Mates,

Last year at the Seymour Alternative Farming Expo I happened to stroll into the GR stand and had to laugh at the crickets that were everywhere. I was appalled to read that the Collingwood Children's Farm's Dexter cross calves were stolen. I happened to have two Friesian cross calves which I have given them. It certainly heightened their day. Thanks to GR I could help.

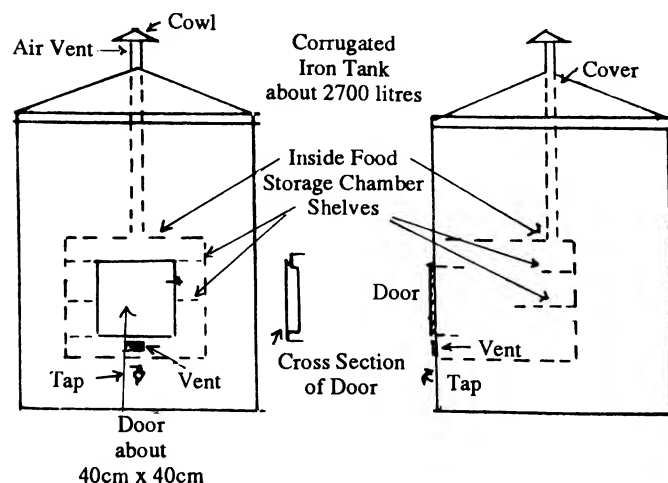
I have been given a TANK COOLER which was used in the early 1930s by the Coutler family in Marden; they were kind enough to redesign it for us and I will share the plan with GR. It needs a plumber, but the system looks very good and should work.

Theirs was destroyed by a bushfire in 1944, but certainly should be a ripserter of an energy-free cooler. Plan design courtesy of the Coutler family, Marden.

Jack Vanderland,
Wandana, MIRBOO NTH 3871.

FRONT VIEW

SIDE VIEW



Dear Grass Roots Readers,

I am hoping some readers can help with the following: TRIMM SOLUBLE STRAWBERRY FERTILISER, made by Sconmark Garden Aid. I bought it many years ago and found it very good.

Mrs D M Parkinson,
99 Dobell Drive, WANGI WANGI 2267.

Dear GR Readers,

We are a married couple with two girls, aged 5 and 3½ years, living on a five acre property in KORUMBURRA. We have just started to build our mud brick home and are currently setting up our land, hoping to become a bit more self-sufficient. We are planning to commence HOME SCHOOLING next year and would love to hear from any parents in our area who are teaching their children from home. We don't watch television and spend most of our time outdoors with our animals and gardening. We have a private belief in God. (That is we don't go to any churches and don't try to convert anybody.) We have only just moved to this area and would love to meet likeminded people, with children preferably, who share our ideals in life.

Gary, Carolyn, Holly & Emily Johnston,
PO Box 265, KORUMBURRA 3950.

Dear GR Readers,

We have just moved onto our property in north NSW and have decided to build a MUD BRICK house. We would love to hear from anyone who has experiences to share. If there is anyone in the DRAKE/TABULAM area who is currently building we'd love to come and give you a hand to learn some extra skills.

Cas and Clare,
PO Box 150, TABULAM 2469.

Dear GR Readers,

I wrote to GR in issue 95 regarding the use of HUMAN WASTE IN THE GARDEN. I received a number of encouraging and informative replies on this subject. Colin Franklin advised it is against the Federal Health Act to do this but I presume that is for direct use without prior composting. My local council do have approved commercial compost toilets, though I feel they should be compulsory not some alternative idea, thus making everyone responsible for their own waste! This flush and don't worry where it ends up attitude is polluting our oceans. My local council allows local septic emptying contractors to pump their tanks out at a closed dump in the sand dunes near the beach. I don't know where the town sewerage ends up, but the ocean would be a good guess. I could take councils and government authorities seriously if they put the sewerage to use as irrigation and fertilisation of locally grown sugar cane or plantation forests etc. We wouldn't need all these chemical fertilisers then, which I suppose would upset the large producers of these earth killing products.

My land has received lots of baby fruit, rainforest and native trees with lots more to come and I will be treating them to all the animal, human and plant matter I can lay my hands on. All composted of course. I will be looking into spraying a few tanks of septic contents over the place too.

It makes me very happy to read about people becoming more self-sufficient. Depending on authorities for water, power, waste disposal and chemically produced food does leave one wondering how easy it could be to manipulate the masses by controlling life's necessities.

To a naturally healthy planet and inhabitants who love and care.

Jane Beeby,
PO Box 67, HARWOOD ISLAND, 2465.

Dear GR,

I'm a first-time writer to this great mag and, having purchased 20 acres in the JAMIESON/MANSFIELD area, would like to contact other GR readers in this area. I intend to build mud brick and be self-sufficient. Any advice on what grows, composting toilets, and local info would be appreciated.

Dale Grandl,
C/- Post Office, JAMIESON 3723.

Dear GR Readers,

I have a disease called MYASTHENIA GRAVIS. Does anyone know of any herbal or natural medicine that could help the system? There is no cure, and I take a bucket of drugs each day. Also would anyone know a substitute for nicotine, I enjoy a smoke, but the junk going into my lungs is killing me, plus the cost of the darn things is killing my pension. I totally agree with alternative lifestyle and natural medicines, but unfortunately my wife and three kids don't seem to share my ideas and dreams, so after we buy our ration of processed food, there's not a lot left for seeds, chooks, books. I buy one packet of seed a week and use my common sense. Life in the tropics is great anyway.

Mark Briese,
PO Box 22, TREBONNE 4850.

Feedback Link-Up Feedback

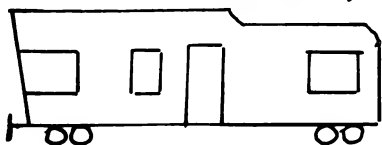
Dear Megg,

Thanks for a wonderful read each every two months. I can't wait for the next issue to arrive in the mail each time to see what interesting articles are there to be devoured!

John and I are building a mud brick home at present and have bought a 22 ft caravan to shift into in September to live in for 12 months. Admittedly there's only the two of us and it's a largish van, but I would like advice as to how to make the **BEST USE OF STORAGE**. What tips have others found in living in their vans? Ours does not have an annexe.

Also, we have five large **PINE TREES** overshadowing our backyard, which we have found, to our disappointment, the neighbour will not remove, even though we were prepared to pay all costs of removal. We had done a Permaculture Course and had hoped to plant an orchard and vegetable garden in our backyard and now won't be able. Can anyone suggest what native plants will grow under pines, so that we can plant our backgarden full of native trees and shrubs instead. The garden does not get sun until midday.

Anne & John Batchelor,
Lot 3 McNeilly Rd, DROUIN 3818.



Dear GR,

There is an article by Mike Hunt from Streaky Bay which I found most interesting. I too have been **MAKING KNIVES** since I was a boy on the farm using old crosscut saws. Like Mike I had trouble putting holes in the blades for handles. However some time ago I bought a book from America: *Step by Step Knifemaking – you can do it*, by David Boye, PO Box 1205, Dolan Springs, ARIZONA 86441 USA. \$14.95 plus \$2.95 postage (USA currency).

Most of these books tell you what to do, but not how to do it. This book is most informative and covers everything in knifemaking, also the types of steels. Virtually a text book on knife making, over 100,000 have been sold worldwide.

David says unless you go to steel makers for knife steel the best steel you can get are pieces of bandsaws from a sawmill. There is a sawmill around here with a bandsaw. When I approached them they were most helpful and gave me some bandsaw pieces. This has to be some of the world's best steel to run at high speed over pulleys hundreds of thousands of times without breaking. You cannot drill holes in this steel but David Boye tells you how to in his book.

I make knives in batches of a dozen and rough grind holding the steel without gloves. When a blade gets warm I put it down and go on to the next. By the time I have gone along the line the first one has cooled off. After rough grinding I use a belt sander. I now use only two rivets for the handle which I find sufficient. By treating the steel the way David Boye advises I have found it easy to drill. For instance, the last two runs I have drilled each run of 24 holes without sharpening the drill.

My knives are not made for show but to use, mostly in the kitchen, so are a useful, practical knife. I heat treat them but only harden about one centimetre of the cutting edge. If all the blade is hardened it will break. By hardening the cutting edge it will stay sharp much longer.

To finish sharpening I use fine aluminium oxide bench stone, sometimes called India stone. Do not buy the ones made in China, they are no good; I know as I have bought two and neither are any good. Buy ones made by a well known manufacturer and they will last a lifetime. As I am a woodworker I know this from experience, having several aluminium oxide stones. I believe the Japanese water stones are excellent but are very expensive, costing over \$80 each. The natural Arkansas stones are very good too, but are also expensive. I have some of these.

I have used a lot of different woods in the handles with varying success. The hardwoods Mike uses would be the best to use, but at this stage I haven't got access to this timber. Mike uses teak oil on the wood which is a top product but there is a new wood oil developed solely for woodworkers which I find the best and use it exclusively. Orgaloi, made by Organoil, PO Box 377, BYRON BAY 2481. With all good wishes to anyone making knives.

A Dart,
Horse Island Rd, BODALLA 2545.

Dear Readers,

Where have the **MORALS** gone these days? For some families there doesn't seem to be a clear statement of what is right and wrong that kids can agree on as easily as adults. One approach that I have found workable in grassroots projects is to connect the concept of right and wrong with surviving and to think through one's actions or lifestyle in terms of whether or not it supports survival. For example, even something as simple as being true to your word can be seen to result in better relationships, more opportunities for work etc, and these things improve survival. Likewise, survival is improved by being faithful to one's sexual partner or honouring and helping one's parents.

L Ron Hubbard, (founder of Scientology) described the essence of criminality as 'something for nothing' and on this basis the criminal impulse can be seen in many places, whether it is on the street or in a business selling poor products. In everyday life, people usually don't feel good about taking something without giving something back, whether it is a round of beer or even a gift. This factor of exchange probably means that those who end up in prisons or walking the streets at night joyriding and painting graffiti, or even those who have been on unemployment benefits for a long time, will feel much better if they find a way of giving to or doing something for others. The government is being positive by encouraging voluntary work schemes or by giving incentives to employers to take on and train the long-term unemployed. Such schemes deserve to be supported.

Henry Bartnik,
Community Relations, Church of Scientology,
201 Castlereagh St, SYDNEY 2000.

Dear Megg,

You asked for somebody to tell you about **COLTSFOOT** (*Tussilago farfara*) because of Ria Murray's letter. She says, the plant is illegal, whatever she means by that; nothing on God's earth is illegal! She probably means, it is a so-called noxious weed. But so is comfrey and that most wonderful St John's wort. In Europe, where I have been born, we don't have any noxious weeds. We have some plants, like here, which are poisonous. I don't like the word weeds anyway. All weeds are plants, and they are growing for a reason.

I know coltsfoot very well, because my grandfather suffered from asthma, bronchitis and TB. I collected many herbs together with him and learned a lot in my early childhood about all these wonderful healing plants nature provides for us. I must say I have not seen any coltsfoot growing around my area but this doesn't mean that it doesn't grow in Australia at all. It maybe does. If you can get hold of a book written by Maria Trebe, called *God's Pharmacy*, it has all the information and colour photos in it.

I would advise Ria Murray to try **PLANTAIN** (*Plantago lanceolata*), which grows everywhere, is easy to find and just as good as coltsfoot. I know this from years of experience and can highly recommend it. Both herbs are in any bronchial or asthma remedy, which one can buy in any good healthfood store.

Ruth Rosenau,
PO Box 145, WONTHAGGI 3995.

Dear Megg,

I was recently browsing through GR when I came upon a request for methods of growing **MAGGOTS**. Here, over summer, it is usually a case of trying to prevent them, rather than grow them. Here are a couple of proven methods – our hens recommend them – disgusting, but oh so delicious.

A bag of fresh blood and bone from the local knackers will develop maggots in seven days with no help from me except to leave it in the sun. Spread out a handful (including B&B) and the chooks fight for every last scrap. This method stinks and is not neighbourly if the 'next door' keeps sheep. Maggots hatch into blowflies very quickly.

Better – and doesn't spread flies: Cut top off a soft drink bottle, invert and staple, clothes peg or sticky tape the top inside the bottle. Place a piece of raw meat or blood and bone inside before you seal. Place in sun. This traps the flies and keeps the maggots in. Too many maggots give chooks diarrhoea.

Nina Burdett.
C/- PO MALMSBURY 3446.

This is one of the many replies we had. Others will be put aside for an article.

Feedback Link-Up Feedback

Dear Readers,

In response to Chris and Sharyn who wanted to meet other homeschoolers, and to others interested in home education, the **ALTER-NATIVE EDUCATION RESOURCE GROUP** is alive and well, but no longer at the Hawthorn address. The new contact phone number is 03-553-4720, and the postal address is C/- 7 Bartlett St, Moorabbin 3189. There is no longer a drop-in office facility, but we're looking at ways to provide a place for new home educators to meet others. The AERG publishes *Otherways*, a magazine containing articles of interest to home educators, and events and outings are listed in this. We also plan to hold a conference on home education at Deakin University, Warrnambool campus, in February. Letter and phone enquiries about home education are welcomed.

Elaine Bellhouse.

Dear Friends,

Since 1980, I have been an avid reader of GR. I have bought, collected and swapped to obtain older copies. Unfortunately, I have to part with my collection as I can't take them to **WALES** where we will be living for the next two years or more. They have been a great source of information and comfort on winter nights, sharing joy and tears with other contributors whom I have felt I have known personally. Many thanks to Megg and David for 'Down Home on The Farm' You have been a great help and source of information.

Does anybody have any contacts or information about alternative living in Wales? Any information would be very appreciated. Also is GR obtainable in Britain, or a similar magazine? We are leaving in June 1995 and can't wait. But I'll be sad to leave two very dear friends behind. My desexed cat and Basil the Basset hound. They are very gentle and perfect companions. They both need kind and loving homes. If any GR readers out there can give them this we would be eternally grateful.

To all the people at GR and all the contributors, please keep up the great work. You will all be sadly missed if only for a short time. Goodbye, with love.

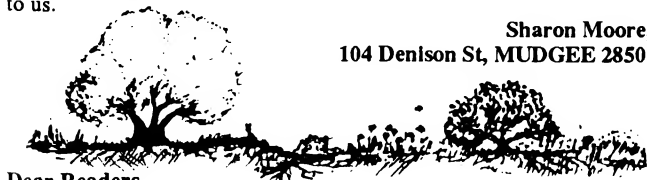
Jan & John.
PO Box 252, APOLLO BAY 3233.
Ph: 052-370-220.

GR is not available from newsagents in Great Britain, but you can arrange for your subscription to be sent. We have many overseas subscribers.

Dear Folks,

The **MUDGEES HOUSING CO-OPERATIVE** would like to update our correspondence to GR as we enter the next stage of development. The MHC is an eco-friendly development based on Permaculture principles. These principles include social as well as environmental issues. At this stage we are in the process of designing seven solar passive homes to cater for those on low to moderate incomes. This development will be an example of sustainable urban development with intensive food gardens, onsite greywater management and common facilities to cater for many aspects of community living. Studio space will be included in each home. The MHC has been approved for funding under the Community Housing Programme by the Minister for Housing, Mr Robert Webster. We have recently exchanged contracts on land in total of 2½ acres at south Mudgee. Currently we have vacancies for a two bedroom and one three bedroom households so there may be an opportunity for you to join us in this exciting project. We welcome enquiries on 063-724-632 or write to us.

Sharon Moore,
104 Denison St, MUDGEES 2850.



Dear Readers,

I am desperately trying to purchase two books. *The Earth Builders Companion* by John & Gerry Archer, and *Build Your House of Earth* by G. F. Middleton. If anyone can help, please phone or write to me. Thank you.

Terry Francis,
PO Box 1016, GRAFTON 2460.
Ph: 066-494-221.

Dear Grass Roots People,

I am writing to you because our local craft shop has closed down and as a community we are interested in forming a **CRAFT CO-OPERATIVE**.

I have many issues of GR and have gone through them but find very little concerning the formation and running of co-ops - with the exception of one fellow who wrote in and gave details of a publication re a co-operative society in NSW.

We really need information about Victorian co-operative experiences. Can you recommend relevant publications or suggest an avenue we may take to pursue information? We need to know such things as: the legalities of a co-op, insurance, and maybe some details of the running of a co-op from experienced co-op members.

Mrs Linda A Doughty,
'Arillaranga', RSD Haylock's Rd,
Via EDENHOPE 3318.

Dear Megg & Mary,

I have tried unsuccessfully to obtain a **KEFIR PLANT** from the address given in *Living Better for Less*. Is there anyone else who may have a plant and know how to use it?

Daphne Wendt,
101 Prospect St, LOWOOD 4311.

Dear Editor,

Recently, I have come to **INDIA** to work in the field of **WOMEN'S DEVELOPMENT**. Although I have little tutored or professional experience in the area of permaculture, I am a keen gardener and have the intention of building a number of small gardens here along the lines of herbs, kitchen greens and vegetables, utilising permaculture practices. The region where I am is located at an altitude of around 1980 metres above sea level and enjoys a subtropical temperate climate with the usual extended monsoon wet. If anyone has experience with permaculture application in this area or information with regard to possible contacts here in India I'd be delighted to hear from you. Also I am interested in locating internal Indian seed collectors and seed banks (nonhybrid) and I'm very interested in establishing contact with any local permaculture institutions. Any replies would of course be gratefully appreciated.



Elle Bock,
C/- MMMM
14-56 Club Road,
Kotagiri 643217, The Nilgiris,
Tamil Nadu, INDIA.

Dear Friends of Grass Roots,

I am doing my VCE this year and I have a 15 month old daughter. As a single parent I find it a demanding time. My daughter is being very tolerant with me when I put her in creche and late at night when she wakes up wanting a hug and I'm too absorbed in my studies to satisfy her. Consequently, at the end of this year or the start of next, before the school year recommences, I want to take her on a little holiday. Give her a change of scenery and recharge my batteries.

Would any reader on **FLINDERS ISLAND** be willing to share their knowledge of where a worn out student may relax in peace and quiet and where the best spots would be to go to educate a curious toddler, so she could get the most out of our intended 3-4 day stay? Any replies would be gratefully received.

Stacy Whitehorse,
PO Box 424, SOMERVILLE 3912.

Dear GR Readers,

I have been unwell for three years and have had numberless tests. All results have come back normal. However, I still feel quite ill. I am looking for a doctor in Sydney area who practises in **CLINICAL ECOLOGY**. Please write, I will answer all letters.

Sandra Hamilton,
18 Dimasio Place, OAKHURST 2761.

Try to obtain a copy of 'Chemical Crisis', by Diana Crumpler, which we reviewed in GR 104. As well as being a most interesting and (hopefully) useful book for you, it contains contact addresses which could be helpful. Also try contacting The National Allergy Association, PO Box 280, Parramatta 2124.

Kids Pages



SPACE FACTS

Did You Know?

Mercury, Venus, Mars, Jupiter and Saturn can all be seen from Earth without having to look through a telescope.

Saturn's six rings are actually made up of over 1000 ringlets, all very close together.

Light travels the distance equal to seven times around the world in just one second.

It takes just over eight minutes for a ray of light to reach us from the sun, but four and a half years for a beam of light to reach us from Proxima Centauri, the next nearest star.

The diameter of the planet Jupiter is eleven times that of Earth. Apollo 17, which landed on the moon in December 1972, with Eugene Cernan and Harrison Schmitt, was the final manned lunar mission.



ENVIRONMENT CARE

We received a video recently showing how the Glengarry Primary School in Western Australia is conserving energy in the school, recycling waste, planting trees, and generally learning about and caring for the environment.

We asked the children at Ruffy Primary School, a small rural school in our area, to watch the video and tell us what they thought of it. The children at Ruffy are also starting a recycling programme at school, including using a worm farm to convert their food scraps into garden fertiliser:

Our school bought a paper shredder to use to make compost and mulch. On the video the school and the community sorted and put all the rubbish that could be recycled into different bins.

Donna Watson

Our school, after watching the video, decided it would be a good idea and practically everybody thought it was a good idea. It's a shame more people don't. They should put sorting bins in parks!

Leah Tolley

I think it's a very smart idea. Everyone should do it, because it will save the environment.

Stacy Horsfall

They measured how much sunlight there was coming in the window and took out the lights they didn't need. They painted the roof white to reflect the sunlight. They had separate bins for food scraps, plastics, paper.

David Graham

The video is available from Seven Dimensions Pty Ltd, 8 Daly St, SOUTH YARRA 3141. Ph: 03-826-2277. Fax: 03-826-4477, at a cost of \$50, and also includes a booklet.

CAN WE FIX THIS WORLD?

*Our trees are cut to the ground,
By those who do not care.
Our lakes are polluted, the land is barren,
The once grassy plains are bare.*

*The countries are suffering,
From the actions of those who rule.
There are no jobs, the homeless multiply,
Thanks to our leaders, what fools.*

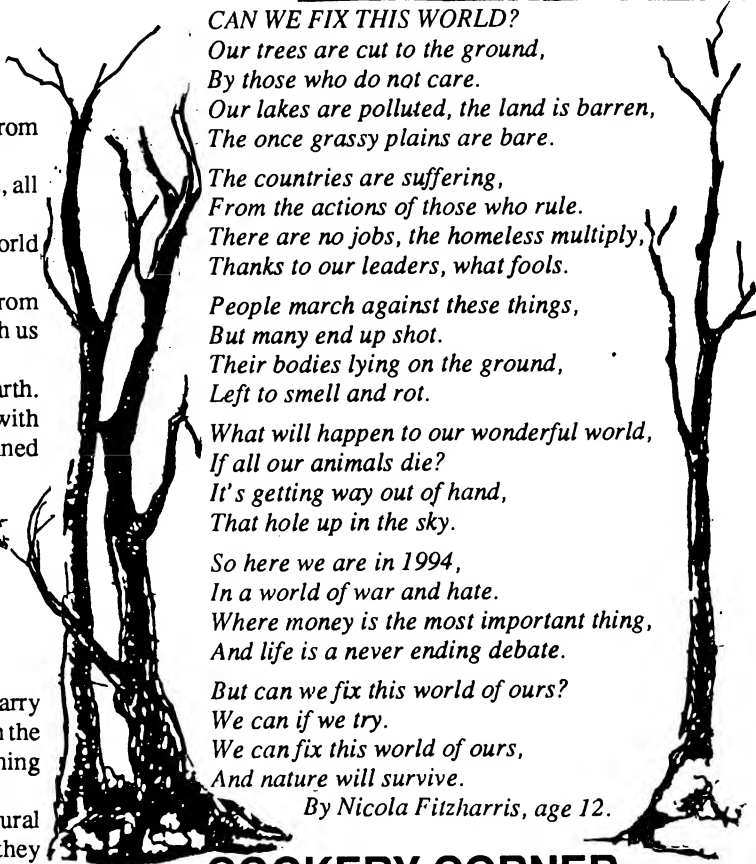
*People march against these things,
But many end up shot.
Their bodies lying on the ground,
Left to smell and rot.*

*What will happen to our wonderful world,
If all our animals die?
It's getting way out of hand,
That hole up in the sky.*

*So here we are in 1994,
In a world of war and hate.
Where money is the most important thing,
And life is a never ending debate.*

*But can we fix this world of ours?
We can if we try.
We can fix this world of ours,
And nature will survive.*

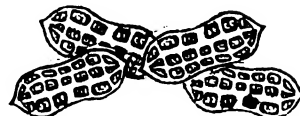
By Nicola Fitzharris, age 12.



COOKERY CORNER

RICE AND PEANUT PATTIES

- 1/2 cup brown rice (1 1/2 cups when cooked)
- 1 1/4 cups unsalted roasted peanuts
- 1 onion, chopped
- 2 eggs
- 2 tbsp peanut butter
- 2 tbsp fruit chutney
- 1 1/2 tsp curry powder
- 2 tbsp oil



Cook rice. In the food processor or blender, finely chop peanuts and rice, add onions, eggs, peanut butter, chutney and curry powder. Process until combined. Refrigerate 30 minutes. Shape into 8 patties and fry in oil until brown on both sides. Serve in a wholemeal bun with salad.

Reprinted from *The Little Pigs Cookbook*, written and published by Ross Parks, distributed by Gemcraft Books, RRP \$14.95.

BOOK REVIEW

Life in a Rotten Log, by Kathie Atkinson.

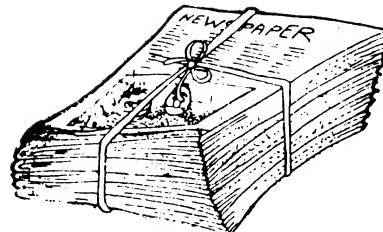
Here is the story of what happens when a tree crashes down in the forest. Clear photographs and explanatory text show how it becomes home, food, hunting ground and nursery for many plants and animals and how the cycle of life is complete.

Published by Allen & Unwin, RRP \$17.95.





PAPIER-MACHE



Papier-mache craft is fun to do, uses up lots of scraps of newspaper and old gift wrapping and can be used to make many different items. You have probably done some at school using balloons as a mould for masks. It does make a lovely ooey-gooney mess, so it's best done outside, perhaps under a verandah or carport where you can be protected from the sun or rain. Somewhere that can be hosed down afterwards would be good.

There are two methods you can use. One is to mould papier-mache pulp into different shapes. These can be puppets, small toys of any sort, fruit or flowers.

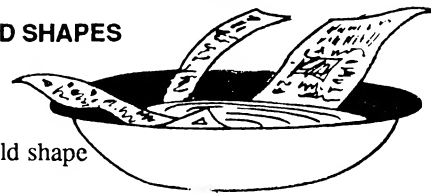
The second method is to build up strips of gluey newspaper inside (or outside, as with a balloon) a mould, to make the shape of the mould – bowls are good for this.

When the shapes are thoroughly dry they can be painted and varnished so they will last for years.

TO MAKE MOULDED SHAPES

You Need

- paste
- newspaper strips
- bowl, or other mould shape
- oil
- gift wrap strips, optional
- paint
- varnish



TO MAKE PASTE

You Need

- 12 tablespoons cornflour
- 1 cup cold water
- 4 cups boiling water
- 1 tablespoon disinfectant

What to do

Blend cornflour and one cup of cold water in a large saucepan – ask an adult to help. Add four cups of boiling water. Simmer for about one minute, until paste clears, then add disinfectant. If paste is too thick add a little more water.



What To Do

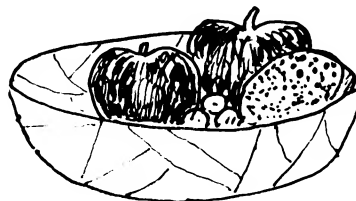
Coat the inside of the mould thinly with oil so the paper won't stick. Place a handful of newspaper strips in a basin or bucket of paste, leave them for a minute or two to soak. Then layer the strips over the inside (oiled) surface of the bowl – smoothing out any air bubbles. Build up two layers all over the surface, keeping the edges neat – tear off any newspaper which overlaps the rim of the bowl.

Leave to dry for a day or so, depending on the weather. Each day or two repeat the process, until the newspaper is about five millimetres thick.

The final layers can be of colourful scraps of paper, such as gift wrap, arranged in any interesting pattern.

When your papier-mache bowl is quite dry you can paint and varnish it. If you have used gift wrap you will only need to paint the newspaper side and varnish both inside and out.

You can mould over the outside of a bowl, but might find that as the newspaper dries it shrinks and cracks, so we think the inside is better.



TO MAKE PULP

You Need

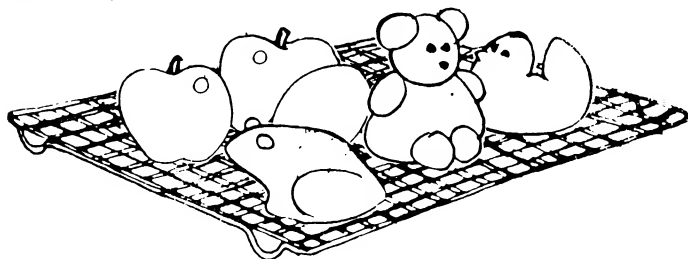
- newspaper
- paste
- cold water
- 2 large old basins or buckets

What To Do

Tear newspaper into small pieces, place into basin or bucket, just cover with water and soak it overnight. The next day, squeeze out any excess water. Put the softened, wet newspaper into the second bowl. Add enough paste to make a pliable, doughy mixture. Stir well – use your hands. Now model the pulp into any shapes you like.

Put them on a wire cake rack to dry. When they are dry, paint and varnish them.

Using this method you can make lots of great gifts for friends and family.



GIFT IDEAS

Once you have made a bowl, you can use papier-mache pulp to form fruit shapes such as apple, banana, strawberry and pear. Let them dry, paint and varnish them, and you have a bowl of fruit to give to a special person as a Christmas gift.

You can use papier-mache pulp to make a variety of small toys. Paint and varnish them as a gift for a younger brother or sister.

Q: What kinds of dogs are full of ticks?

A: Watch dogs.

Q: Where do fortune tellers dance?

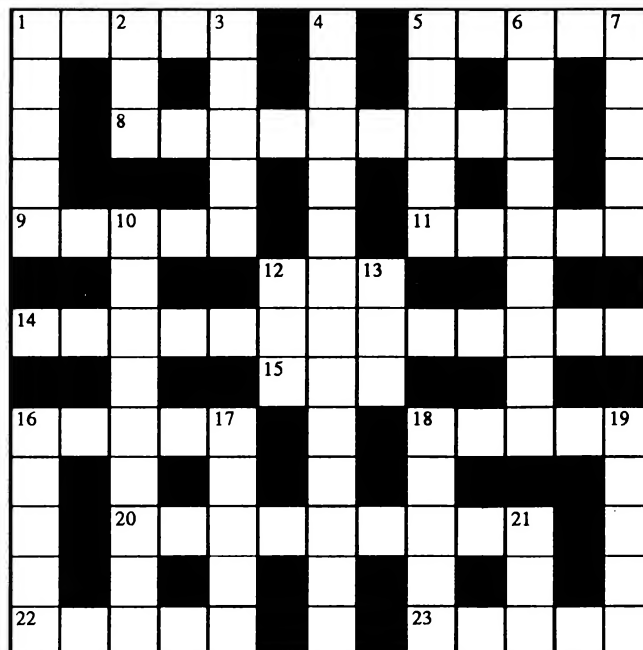
A: At the Crystal Ball.

CRYPTIC GRASSWORD

By M. Riley, Tanjil South, Vic.

- Across
1. Rear in disciplined manner (5).
 5. In glove boxes maybe (5).
 8. Stress where sleepers lie (9).
 9. Put in dead earnest (5).
 11. Castaway (5).
 12. She can be found in Canada (3).
 14. Comes to mind after dark (5,8).
 15. Sportsmen know it's essential to keep on the ball (3).
 16. Amount charged in wartime (5).
 18. Place to sit and work (5).
 20. They're all hung up about Christmas (9).
 22. The poet overheats (5).
 23. Hides and pores over these (5).

- Down
1. Smart bees do this (5).
 2. You and me get the bird (3).
 3. George initially to jog when in the nude (5).
 4. Usually light years to them (8,5).
 5. Pass-out was indistinct ((5).
 6. He exercises stern control on board (9).
 7. Takes turns to drive ship (5).
 10. He ultimately comes to harm (9).
 12. We follow a reverential fear (3).
 13. Consumed for tea break (3).
 16. Clean up in the bush (5).
 17. Falls in water (5).
 18. They take interest in riverside (5).
 19. Do sailors come to grips down below (5)?
 21. It runs under your feet (3).



Solution on page 66

Free Gourmet Dinner!

For worms

Did you know that after you have finished with this magazine it can be recycled by Earthworms into fertile soil!

Earthworm Breeding For Profit (2nd Edition) by David Lambert is a unique reference booklet which explains in simple terminology with instructive diagrams all you need to know about worms.

Please rush me my copy of "Earthworm Breeding For Profit"

..... Single copies @ \$7.95 each (Includes Postage & Handling)

Name: _____

Address: _____

P.C

Contact Telephone Number: _____

Please Send Cheque To: David Lambert, P.O. Box 311 Crows Nest 2065

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While the Billy Boils

This is traditionally the time of year we devote our WBB page to sharing some ideas for gifts from the kitchen. Most of the fruity recipes will benefit from being made some weeks in advance of Christmas and stored in a cool dark spot. Turn back to GR 99 for more great edible gift ideas.

OLD-FASHIONED ROSE PETAL VINEGAR

dark red rose petals, enough to fill about a 600 ml jar
600 ml white wine vinegar
60 g castor sugar

Wipe rose petals carefully and place in a large jar. Dissolve sugar in vinegar over gentle heat. Allow to cool. Pour over rose petals. Leave 3-4 weeks. Strain liquid into an attractive bottle. This gives a beautiful flavour to salads.

Colin Franklin, Ballarat.

SPICED SUGAR PLUMS

250 g prunes
castor sugar
1 tps allspice

Place the prunes in a basin and cover with boiling water for five minutes. Drain and again cover with boiling water for five minutes. Drain. Weigh the prunes and put in pan with allspice and equal amount of castor sugar. Cover with water and bring slowly to the boil. Reduce heat and simmer gently until the prunes are plumped and syrup thickened (about 20 minutes). Stir occasionally. Remove the prunes with a fork from the syrup. Roll in castor sugar. (For an extra spicy flavour you might like to add a little cinnamon.) Leave to dry in a warm place overnight. Store in a screw top jar.

Miranda Downes, Toongabbie.

SPICED ORANGES

4 oranges
 $\frac{1}{2}$ tsp bicarb soda
1 cup honey
1 cup water
 $\frac{1}{2}$ cup white wine vinegar
12 cloves
1 tsp cinnamon

Cut each orange into about 3 mm slices. Cover with water, add bicarb soda and simmer 20 minutes. Drain. Combine the honey, water, vinegar, cloves and cinnamon in a saucepan. Boil for five minutes, add oranges and simmer 20 minutes. Cool. Pack into sterilised jars and seal. Store in refrigerator after opening.

James Fryers, Sebastapol.

SUGAR-FREE PEEL

citrus peel
concentrated apple juice

Scrub the skins of any citrus fruits well and chop into small pieces. Cover with concentrated apple juice and cover with film. Leave to stand in refrigerator for five days. Place in saucepan with enough water to cover. Simmer until all water has been absorbed. Keep in refrigerator for up to six months.

Maria Leahman, The Entrance.

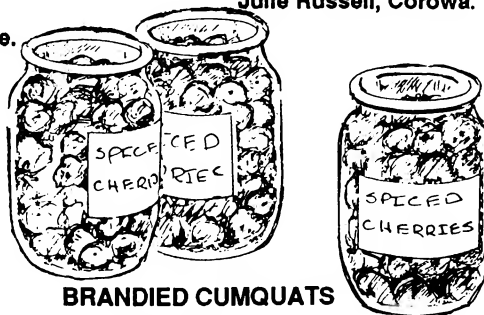


SPICED CHERRIES

1 kg cherries
2 cups white wine vinegar
250 g honey

Remove stalks and wash fruit. Dissolve honey in vinegar over a low heat. Add cherries and simmer for five minutes. Remove cherries and place in jars. Boil the liquid until just syrupy. Cool. Pour syrup over cherries and let stand overnight. Strain syrup and bring to boil (reduce in quantity on stove, about two-thirds needed). Cool. Pour syrup over cherries. Cool. Replace lids and store two months before using.

Julie Russell, Corowa.



BRANDIED CUMQUATS

cumquats
brandy
sugar

Prick the cumquats with a darning needle and pack them into jars, sprinkling sugar between the layers. When jars are packed pour in the brandy and seal. Shake jar, allowing the sugar to dissolve. Store for 6-12 months.

Colin Franklin, Ballarat.

MANGO CHUTNEY

12 firm under-ripe mangos
2 cups raisins or sultanas
2 tbsps grated fresh ginger
2 tsp coarse cooking salt
4 cloves garlic
1 fresh chilli
 $1\frac{1}{2}$ cups brown vinegar
5 cups sugar

Chop mangos and chilli and crush garlic. Combine all ingredients in large saucepan, stir constantly over heat without boiling until the sugar is dissolved. Bring to the boil, reduce heat, cover and simmer for about 10 minutes. Take off lid and simmer for another 20 minutes or until the mixture is thick. Pour into hot sterilised jars and seal when cold.

Jennifer Doyle, Cairns.

MINT SAUCE

1 cup fresh mint
400 ml vinegar
100 g sugar

Wash and chop mint. Mix all ingredients in a blender. Boil hard for 10 minutes. Bottle and seal.

Beccy Rivers, Mullumbimby.

HERB JELLIES

Make this basic jelly and then add herbs a few minutes before bottling, while jelly is still hot.

2 kg apples, or crab apples
water to cover
1 cup white vinegar
sugar
herb of choice

Wash apples (do not peel or core, remove any bruised parts), cut in half, cover with water and simmer till tender. Add vinegar five minutes before end of cooking. Drain. Strain through a jelly bag overnight. Next day, add $\frac{3}{4}$ cup sugar to each cup fruit extract. Stir over gentle heat until sugar is dissolved. Boil briskly until setting point is reached. Before bottling add 2 cups washed, dried finely chopped mint, or sage, or whole leaves of thyme, marjoram, or rosemary. Stir herb through jelly. Bottle and seal while still very hot.

Barry Williams, Barwon Heads.

VARIATIONS ON A DATE LOAF

by Judy Wormwell, Balaclava, SA.

'No eggs, so no cake!', I despaired. However, I searched through my numerous recipes and found one which matched my cupboard stock. In the beginning it was The Date Loaf. Numerous variations later it had become.... well you'll see.

RECIPES

Date Loaf

- 1 cup chopped dates
- 1 cup boiling water
- 1 level tsp carb soda
- 1 scant cup lightly-packed brown sugar
- 1 tbsp margarine
- 2 cups SR flour
- 2 tsp vanilla

Put dates and sugar into bowl, then slice in margarine. Pour over water and stir till margarine has melted. Add flour and soda. Beat well. Add vanilla. Bake in loaf tin for 40-50 minutes in moderate oven. Freezes well. As it stands, this is an excellent recipe. If you want only date loaf, don't read on. But if you'd like a heap of ideas for different cakes, keep going.

Variation One: Flour

I'd recently begun grinding my own flour (using the grain mill attachment for my mixer), so I tried one cup of white self raising flour with one cup of my wheaten flour (plain) and half a teaspoon of baking powder. The result was a slightly heavier and drier cake, but one which had more body and, to me, a more pleasing texture. I then replaced all the self raising flour with my home-ground wheaten flour and increased the baking powder proportionately. I'm still working on proportions of carb soda and cream of tartar to get a good homemade baking powder. Slightly more soda seems to be all right, but experimentation continues.

Different Flours: For white self raising flour, use one and a quarter heaped teaspoons of baking powder to two cups of plain flour. For wholemeal wheaten self raising flour, add a bit more ($\frac{1}{4}$ - $\frac{1}{2}$ teaspoon) baking powder.

Using all brown rice flour gave a lighter, crumblier cake of no real 'substance', but one brown rice to three wheaten flours was a satisfactory texture.

Rye produces a much heavier flour than wheat so, again, I recommend one rye to three wheaten flours. Too much rye flour will result in a sodden texture.

I've also used two to three tablespoons of pumpkin seed flour with suitable cakes (those with jam, particularly - see later).

Hint 1: Wholemeal flours usually need a little more liquid in order to remain moist beyond the first day or two.

Hint 2: Cake that's gone too dry for enjoyable eating can be crumbled and stirred into the next mixture. Up to about half a cup can be used successfully.

Hint 3: Cake which is deemed too heavy or stodgy can be used as a delicious pudding. Serve hot or cold with cream, ice cream or custard.

Variation Two: Sugar

I'd been given a large tin of honey which, to my consternation, had transformed into a candied solid. Microwaving it back to regular consistency worked only temporarily, so into my cakes it went. I began with about four heaped tablespoons of solidified honey, dissolved in the bowl, like the sugar, with the recipe's boiling water. Later, I changed to still-hot, microwaved honey. Melted honey, however, meant a little extra liquid, so a bit more flour was required to compensate. I buy only raw sugar and that's what I use for this recipe when I don't have honey.

Hint 1: For an 'unrefined' cake (one which doesn't require precise ingredients or measurements), all granulated sugars are interchangeable. Approximately the same quantity of honey or golden syrup can be substituted, but allow for the increase in liquid.

Hint 2: As a flavouring agent, vanilla is unnecessary when using light or dark brown sugar, honey or golden syrup; also, it can often be omitted when using raw sugar.

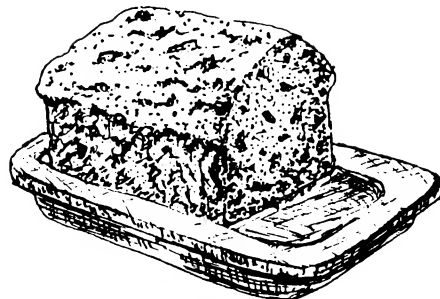
Variation Three: Margarine

Butter can be substituted, of course, and has always been my preference, but butter is often harder than margarine. The original recipe called for the margarine to be melted by the hot water, so I successfully tried melting the butter before adding it to the mixture. Moving on from this idea, I replaced the butter and some water with half a cup each of cooking oil and water/juice, and added half a teaspoon more carb soda. The result was a lovely, yeasty, moister texture.

Variation Four: Liquids

Sitting in the fridge was syrup from a can of tinned fruit; undiluted and heated in the microwave, into my next cake it went!

In addition to various syrups, I've also used juices and diluted orange juice without altering the recipe. (Lemon juice, for example, would require extra sweeten-



ing.) Milk doesn't seem to work as well as a water-based liquid.

Hint: Juice of sweet fruit and syrup of preserved/canned/stewed fruit can be used instead of water in a boiled cake recipe or one calling for water.

Variation Five: Dates

One of the few times I've actually used dates, as specified in the recipe, was the very first time I made this date loaf.

Since then, I've tried:

- Many different jams - four to five tablespoons - by themselves or with other ingredients, such as apricot with almond halves (and pumpkin seed flour); apricot with approximately 50 g chopped ginger (preserved or fresh); peach as above; blackberry with currants; fig with sultanas; plum with currants or sultanas and a pinch of mixed spice.
- Various dried fruits such as chopped apricot with ginger (quantities as for jams); sultanas; currants; mixed fruit with almond halves.
- Fruit mince with mixed spice.
- Canned and preserved fruit, chopped or roughly mashed.
- Stewed fruit.
- Fresh stone fruit and apple, chopped.

Since finding this wonderful recipe, my banana cakes are always successful. I put in a big pinch of carb soda in addition to the recipe's level teaspoon when using all but purely dried fruit.

Hint: Experiment by 'mixing and matching' your flavour ingredients. Remember to adjust liquid and flour accordingly.

Serving

Hot cake is scrumptious, but this recipe is also delicious cold, either by itself or spread with butter and/or jam. Precisely measured quantities are unnecessary and you'll find this date loaf is open to much individual variation, as I've shown.



CHILDREN AND CHEMICALS

THE SCHOOL ENVIRONMENT

by Ann Want, Bonville NSW.

The development of a child's immune system takes most of childhood. The toxicity of substances affecting the immune system is a recent area of study and many chemicals which have been on the market for years are now beginning to seriously impair or weaken the immune system. Unfortunately, insufficient research has taken place with respect to the majority of toxic chemicals before they have been released for sale.

Children have been identified as being at greater risk from chemical exposure because they can inhale/ingest more chemicals per body weight than do adults. Children have a faster respiratory rate, thus inhale more chemicals per unit body weight than adults. Studies show that children's immature digestive systems also allow them to absorb more toxic chemicals than do adults. A child's brain continues to develop after birth and is affected by neurotoxins. Solvents, which are proven neurotoxins, have been shown to pass the blood-brain barrier.

The deterioration of my child's health on beginning school led me to investigate the various chemical exposures he experienced within the school environment. The findings were alarming and varied. Exposures came from cleaning products, air fresheners, whiteboard markers, paints and glues.

CHEMICALS IN SCHOOLS

Ethylene Glycol monoButyl Ether (EGBE)

This is a solvent which is found in the wipe-clean often used to clean the children's desktops, and mop-n-strip used to strip the floor during holidays. The toxicity of this solvent is extremely disturbing. Briefly, it can cause eye, nose and throat irritation, blood changes, upper respiratory tract irritation and may cause liver and kidney damage. It is readily absorbed by the skin and its uptake is enhanced by the addition of water (Could wet sweaty arms on desks be of concern?). Cleaners are advised to dilute it in water!

The United States Environment Protection Agency (USEPA) cannot recommend a safe level of exposure to the ethylene glycol ethers. Based on data available they cannot establish molecular size and weight above which there are

no concerns for adverse effects on human health.

Reports have come in, via the union, that cleaners from approximately twenty schools in the Coffs Harbour region have removed these products. Some cleaners have removed all toxic chemical cleaning agents and replaced them with less toxic alternatives, such as vinegar, soap, tea tree products etc. The removal of toxic chemicals from the school environment has seen cleaners reporting improvements in skin irritations, respiratory problems and nauseous headaches among cleaners, teachers and students!

Paradichlorobenzene

This chemical is an organochlorine and is used as an air freshener in the toilets. In most cases blocks are within the reach of children. It has been used in the cupboards in the classrooms, as it is also effective in killing silverfish, moths and cockroaches. Unfortunately, it is too often used in confined, poorly ventilated areas where, since it is very volatile, fumes can build up. This organochlorine, is absorbed into the body by inhalation and ingestion. Exposure may cause headaches, runny nose, eye irritation, liver and lung damage and disruption to the central nervous system. This product may be withdrawn from schools if parents complain.

The Canadian Centre for Occupational Health and Safety recommends that its entry into the water or sewer system be avoided. The World Health Organisation has classed it as a probable human carcinogen.

The response of the Department of Education, North Coast Region, to the presence of the above toxic chemicals in their schools was in the form of a 'circular to principals', October 1991. It stated.....'In recent times the Department has become aware that certain cleaning agents and deodorisers available through Government Supply Department may not be environmentally friendly. As a result of changes to the annual requisition system, principals are no longer obliged to use government supply items. Schools may now purchase cleaning materials of their own choice.' How many principals file this information away without realising its implications? No follow-up information was made available to them.

Tung Oil

This chemical is used in heavy duty areas such as assembly halls. Cleaners' complaints have ranged from feeling nauseous and passing out, to hallucinating when exposed to this product. Tung oil has immunosuppressive effects. Published literature states that.....'Chronic Epstein-Barr viral infection may be reactivated by tung oil'.

Xylene

This is a solvent and is found in some whiteboard markers and textas and many pesticides. Exposure to xylene can affect the central nervous system, eyes, gastrointestinal tract, the blood, liver, kidneys and skin. There are xylene alternatives.

111 Trichloroethane

This solvent is found in liquid paper and other products. The solvent acts as a narcotic and depresses the central nervous system. Acute exposure symptoms include dizziness, lack of co-ordination, drowsiness. It can affect the cardiovascular system.

More than six years ago the non-use in schools of liquid paper containing this solvent was advised by the Department. A water-based alternative is available, as well as the new stick-on tape product. However, parents, unaware of its potential danger, continue to purchase the product and the Department was recently still supplying it on requisition!

New Carpets

Carpeting and adhesives emit toxic chemicals. Once installed they can act as a 'sink' for particulates such as pesticides and asbestos and as a breeding ground for dust mite. Scientists from Anderson Laboratories, Massachusetts, observed neuromuscular and respiratory reactions in mice exposed to new carpet. Mice also showed muscle, kidney and brain degeneration and many died. Carpeting and associated glue materials can contain up to 120 chemicals, many of them toxic and carcinogenic.

Other

Other toxic exposures children can experience around the school are from the pesticides and herbicides used. Their dangers have been already documented. The removal of toxic chemicals from the school environment of my son saw these improvements in his health:

Cessation of the headaches and stomach pains he continually complained of.

As he no longer felt ill in the classroom situation his social and emotional development progressed to a normal level.

His fine motor co-ordination markedly improved. His immune system also strengthened and his general health markedly improved.

Reprinted from the ANEW PAC Newsletter, May '94. ANEW PAC is a group dedicated to exposing the problems caused by widespread chemical use in Australia, particularly the plight of many people adversely affected by chemicals. GR 88 (p 20) contains more details. For more information contact: Pat Jackson, PO Box 46, Mungindi 2406. Ph: 067-532-015.



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SMALL FARMS NETWORK

On the 19th March '94 the Small Farms Network of NSW celebrated its tenth anniversary with a bush dance held at Calmsley Hill City Farm at Abbotsbury, Sydney.

The aims and objectives of the group have been and still are to:

- Facilitate the exchange of ideas and information among people interested in small farms, rural and urban self-sufficiency.
- Encourage research and education in small-scale farming systems which are ecologically and socially responsible.
- Promote the development and application of appropriate technologies and co-operative methods of producing, processing and marketing agricultural produce on a small scale.
- Represent, communicate with and educate those practising or intending to practise small area farming by the provision of a support network representation in a structure of agriculture to assist small farming enterprise, providing a forum for the discussion and implementation of farming methods relevant to the small area farmer.

People interested in small farming systems and self-sufficiency, frequently lack the knowledge, skills and assistance to achieve their goals. The network aims to provide opportunities for these people to learn and share experiences through activities such as seminars, practical workshops, field days and farm visits. The organisation meets once a month (usually the third Sunday). To date the activities have been centred round the greater Sydney area and County of Cumberland. However, farm visits have extended to districts such as the Upper Hunter and as the geographical spread of the members expands, so will the area of the activity.

Membership of \$25 for individuals, \$20 for students, includes a subscription to *The Good Life* quarterly magazine and a reduced entrance fee at activities. Forthcoming activities are advertised in the magazine and also by leaflets mailed out to members. Requests for topics to be covered are sought from the members.

People interested in joining the Network or requiring more information should contact The Secretary, Small Farms Network of NSW, PO Box 426, Engadine 2233.

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ROCK ON ROCK

by Martin Spohn, Ross, Tas.



The 55 metre long dry stone fence, though harder to construct than expected, is now a distinctive feature of the garden.

Not many people, I think, could deny the rustic charm of a stone fence or wall. But be warned, if you have ideas of building one, it's not as easy as it would appear.

When my wife and I moved from Sydney to Ross, Tasmania, some four years ago, we bought a house on a corner block which had neither fence nor garden. In order to keep the charming but marauding sheep from our newly planted trees and flowers, we were to need quite a substantial fence.

The 55 metre dry-stone fence we now have came about more by chance than design. It began when a neighbour kindly offered us a quantity of dressed sandstone blocks which originally came from an old cottage in the area. I arranged these blocks in such a way as to form two small walls on either side of our driveway entrance. It was from this that I envisaged a sandstone fence stretching along the entire length of the backyard. We both realised we were going to need an awful lot of stone!

There were, and of course, still are, disused quarries near where we live but the supply of suitable stone for the project was limited. As it turned out, it was to come from a rather surprising source.

As in most country towns the local tip

is simply a large hole in the ground. One day our council decided that a new hole was needed so all the necessary equipment was brought up for the job. I went up there a few days after they had finished their work to find tonnes upon tonnes of sandstone lying about the ground. Excitedly, I returned home to tell my wife we were soon to have our new fence.

It didn't take me long to get everything organised. I borrowed a trailer, bought some leather gloves, obtained the council's permission and, loaded with lots of enthusiasm, off I went. I thought it a real windfall. By the end of the day I had my first pile of rocks. But I also had worn out gloves and a rather sore back. Just one day and already I was beginning to think again.

I had in the meantime however, read up on some details about the building of a dry-stone wall. I chose this method mainly for economic reasons. It would be cheap. Besides, fiddling around with concrete didn't really appeal to me.

The gathering of the rock took some time and a great deal of hard work. Initially, I was collecting rocks that were between a brick and a small typewriter in size. But as time went on the size of the rocks gradually increased – and so did

the backaches.

As I soon discovered, the larger pieces were ideal as foundation stones, and, as the fence needed to be tapered inward as it grew in height, the smaller pieces were naturally best suited for the top.

Persevering, I journeyed week after week between home and the tip. I was collecting so much rock that people began thinking I had them in my head. When not collecting the rocks, I was stacking them and so the fence grew and grew. Then one day, near disaster!

The books I had read didn't tell you what to do when rocks started coming loose and falling out. They also didn't mention how attractive these stone fences were to young climbers. My children were compelled to climb 'Daddy's Wall' and very quickly showed me the potential hazard of large and heavy rocks falling on little bodies. I stood back to assess the work I had done.

By this stage I had already constructed about 10 metres. But as the children clearly showed, the fence was not only unsafe, it looked messy too. The stones were badly arranged, the grass had grown tall between the rocks and the top was very uneven. There was no choice but to start again.

The old adage, 'You learn by your mistakes,' is certainly true, although I wish the learning process could have been a little easier. In hindsight, I realised I had not properly prepared my foundations nor had I set any lines for straightness or height. This may sound rather basic but, as you will by now know, I was a complete novice when it came to fence building.

After dismantling what had taken considerable time to build, I set up my lines and started laying down thick sheets of newspaper. As the ground was pretty firm, there was no real need to dig any foundation, although I did collect some fairly large and heavy rocks for the base. The newspaper has proved successful as a grass inhibitor.

It also became necessary to be more selective in placing the stones. By that I mean that I had to choose a rock which would best sit in a given position. Piling stones upon one another willy-nilly may be all right when they are uniformly shaped, but when they aren't you just have to take that extra time if you want the job done well. In addition, the rocks

had to be worked into position by pushing and rotating them to a point whereby they sat firmly and safely into place.

Eventually the fence was finished. The base width was between 0.6 and 0.7 metres and the height was 0.9 metres. As predicted, the fence has been inexpensive to build. Petrol had been the only real expense and even that had not been high because the tip was just around a few corners from where we live. Physically, it had been exhausting. It had taken me about six to eight months, but it was worth it.

The stone fence serves its purpose well and is a pleasant feature of the backyard. But before you rush off to build one, allow me to mention a few things to consider before you start.

Firstly, design carefully the length and height you want and be sure you won't break your back doing the work. Know you can acquire enough rock or stone for the job and be mindful of the distance you will have to transport it. Attend to your foundations. Despite the firm ground on which my fence is built, the weight of all that rock has caused the fence to settle a few centimetres. Try to keep your back

straight and don't attempt to lift any rocks which may be too heavy for you. It simply isn't worth a damaged vertebra or broken toe! Try to keep a smooth and continuous edge of stone along the base. This makes it easier for your brushcutter to trim the grass. Think of the height you want to achieve and determine from that the width of stone you will require at the bottom. The fence will need to taper inwards as it grows in height.

Lastly, do go to your local library and read up any books you can find pertaining to building with rocks or stones. Although personal experience sometimes differs from what may be written, it is still better to obtain some professional advice before you start. After all, you couldn't totally rely on the advice of a novice such as I, could you?

Recommended Reading

The Forgotten Art of Building a Stone Wall: An Illustrated Guide to Dry Wall Construction, Curtis P Fields, Yankee 1971.

Dry Stone Walling, F Rainsford-Hannay, Stewarty 1976.

The Dry Stone Wall Handbook: Employing the Permanence and Beauty of Natural Stone, Edward Hart, Thorsons 1980.

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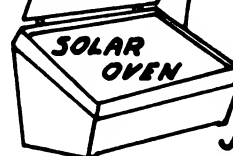
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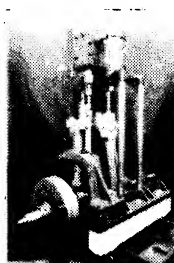
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PICKET POST PULLER

by Vance Avenell, Bundaberg, Qld.

Everywhere you travel you will find them: In the heart of the cities at excavations, road repairs, blocking access to building sites. In suburbia they are in backyards as trellises, temporary barriers, or allotment fencing. In the country they are even more in evidence, used for a thousand and one purposes everywhere, from cattle properties to small acreages. The commonplace steel picket post.

They are used, removed and re-used endlessly in hundreds of contexts and this is where a not inconsiderable problem often arises. Getting the little beasties out of the ground without destroying the future usefulness of both the picket post and the operator's back. Who wants sore back muscles, plus cut and blistered hands as a result of the struggle? Or a twisted boomerang of Y-shaped and near-useless metal? So, recently, yet again up against this problem, I put the grey matter to work instead of the 'mule muscles', having in mind the perennial problem of keeping cost to a minimum.

The great difficulty with a picket post deeply embedded in the ground is getting a decent purchase grip on it; once that is achieved almost any leverage will lift them fairly easily.

So again I delved into my stockpile of scrap metal odds and ends, hoarded and ever added to. I came up with a chunk of 65 millimetre box section steel, that slid comfortably over a picket post with clearance sufficient to avoid the sledge-hammered, burred-over tops. This burring damage clearance is a potential trap if the sleeve is too tight, so watch for it in your fossicking.

Slice three pieces off the section: one approximately 100 millimetres, one 50-60 millimetres and a thin slice 20-25 millimetres. All you need then is a bolt or 75 millimetres of continuous threaded heavy rod, a nut to fit, and a scrap of any reinforcement rod around 75 millimetres.

Cut the smaller box across cattie-corner*, so that it fits into the larger section as per sketch and tack them there, top and bottom, with the welder. Their purpose is to prevent the post skidding and twisting over sideways under pressure.

Drill a hole slightly larger than your bolt, dead centre of the biggest box section. Thread the nut onto the threaded rod, grind the rod end to a blunt level, insert into the pre-drilled hole and weld the nut firmly. Weld the rod scrap in a T

as a turning fulcrum, tap fashion.

The one remaining task then is attaching the last piece to the opposite side to the nut as a purchase point for your leverage.

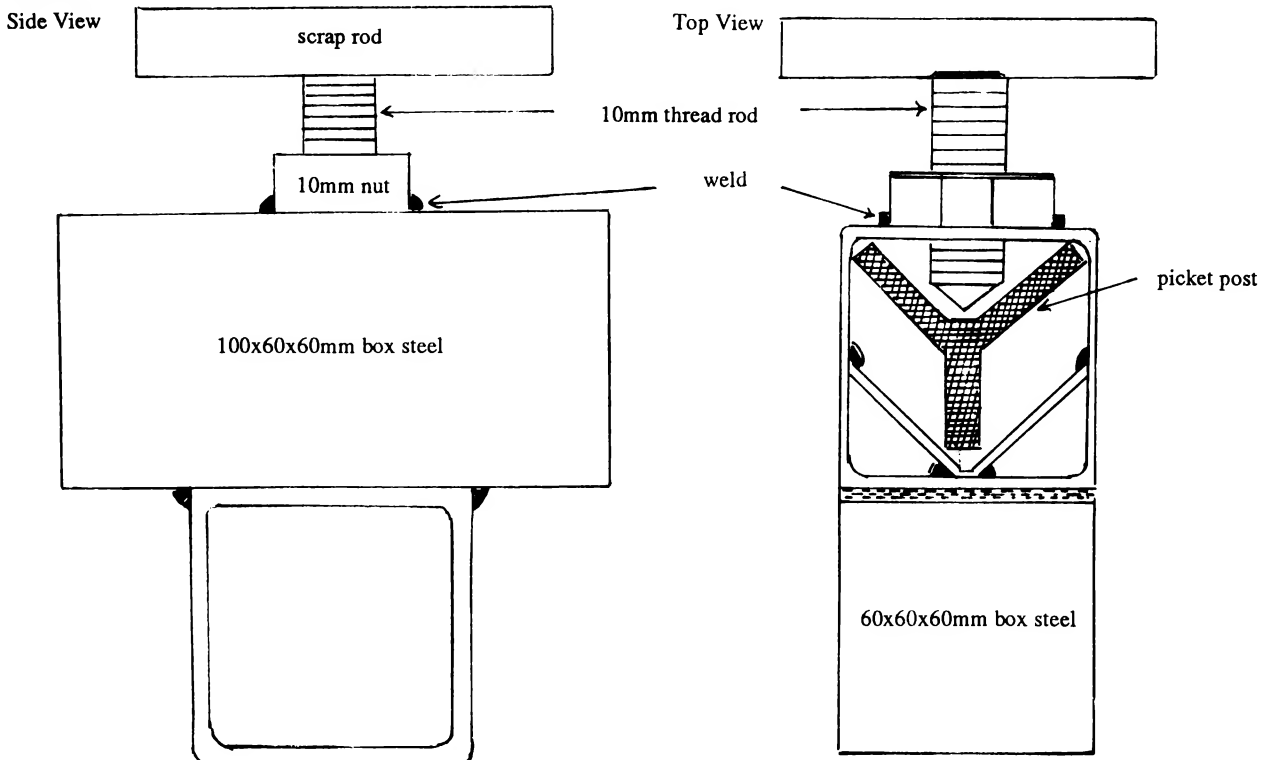
In use, just drop down over the top of the post, lower to a suitable level, lock the turning screw tight, insert the fencing bar or whatever you are using as a lever, stick your fulcrum block under the lever and push down. Up pops your post!

Apply a cover coat of the most vivid paint you have on hand, to make the 'picket puller' easily visible when dropped in dirt or grass, and you have a cheap, indestructible, no-maintenance, light, portable, and efficient, 'picket-post-puller' for life. (Or until the family, or friends, or neighbours, or the light fingered, have need of such a handy appliance; they just cannot remember your return address).

Because of its design, the picket puller, also grips well on lifting round pipes hammered into the ground as temporary pegs, posts, etc.

* To cut across cattie-corner, means 'at the diagonal', an expression from Vance's childhood in Canada.

Simple Star Picket Post Puller



Gold Star Animal Training Scheme

By Marja Fitzgerald, Upper Mongogarie, NSW.

Over the years we've had some practice with animal training. We taught an untrained donkey to accept halter and harness, to lead, snig and pull a sled. We taught cows and donkeys not to break into our gardens or tree paddocks, and taught them the meaning of various words and commands.

Trouble was, there were certain things we couldn't seem to teach them, no matter how hard we tried. For example, the matter of cleanliness in the bales. From watching our cows with their evening bucket, I learnt that they like to relieve themselves as soon as they finish eating. That's fine, except in the bales.

It's a real hassle during milking. As soon as the food's finished, the tail rises and the back arches. You grab the milking bucket and retreat with it a couple of metres to avoid the splash. Then you settle back to milking, down where the smell is strongest. Mind you, cow manure or urine aren't unpleasant smells given a bit of distance – but at this sort of proximity it's a bit strong.

Our second teaching problem was with Matilda donkey. Matilda is a good work donkey. She likes to work and enjoys praise. But every fortnight is hoof care time. Steve and I used to dread doing her hoofs. Mind you, she never tried to kick or hurt us in any way – she just hated standing on three feet. She didn't mind us doing her back feet, because they don't carry much weight. Two-thirds of a donkey's weight is on her front feet and Matilda resented having to put all that weight (not inconsiderable – she's a tubby donkey, to put it politely) on one front hoof. So she would try to put it back down on the ground after about a minute. As mentioned, she's tubby, and trying to hold up a hoof when Matilda is putting her full weight on it to get it back on the ground is almost impossible.

We tried our usual methods: praise and titbits for good or improving behaviour, scolding for unco-operative behaviour. Though this worked for most tasks for most animals, it didn't work for all. Tiny was clean in the bales. Why not Aida? Happy behaved perfectly during hoof care, but not Matilda.

Steve and I usually take turns milking these days. One day Steve finished milking before Aida lifted her tail – she was preoccupied chasing the last elusive bit

of hay. Steve had a stroke of genius.

'Good girl, Aida!' he said. 'You got the *Gold Star!*' I was not far away, so Steve called out to me, 'Guess what Marja?' 'What, Steve?' 'Aida got the *Gold Star!*' 'The *Gold Star!*', I reiterated. 'What a good girl Aida!'

During this conversation Aida's eyes widened and went from one of us to the other. It was obvious to her she'd done something extremely clever, she just wished she could figure out what it was. I gave her a woofle of hay. 'Hay for the *Gold Star Girl!*' I said, to reinforce the lesson.

Next morning we gave her enough food to just last the milking, to make sure she'd get a gold star. When she did, we repeated the little 'Guess what?' ritual. I reinforced the praise as usual with a woofle of hay. Again she loved both the ritual and the hay and started to make the desired connection.

A few milkings later it was obvious that she understood. She finished her food, her tail started to rise, then she clamped it down firmly. Her brain understood, but it took her a while longer to gain full control of her functions, something she'd never had to do before. Every now and then there'd be an accident. She had to learn to continue to relax her udder so the milk would flow while keeping control of her sphincter muscles.

After a few weeks she had near-perfect control, and was earning gold stars every day. She loved the 'Guess what?' ritual; always watched us both with big happy eyes as we praised her for the gold star. The rare day when only one of us is around when the gold star is awarded, you can see her disappointment.

We milk in the mornings, and most mornings the herd all come up, including Matilda donkey. She likes to get all the attention. She definitely didn't approve of Aida getting all these 'gold stars'. Donkeys are at least as good as cows, she thought.

Hoof care time came round again. I had a crook back and Steve offered to do the hoofs if I fetched Matilda, who this time was out of sight. So I set off with the halter to find her. I located her in a clump of black wattle, minding the calves while the cows were elsewhere. The cows often leave their calves with Matilda. They trust her as a nanny and the calves adore



their Auntie Matilda. The calves were now old enough to be safe on their own, so I haltered Matilda.

'It's hoof school, Tildie,' I told her, and began leading her up. 'If you're very good, Steve might give you a *Gold Star* for hoof school!' She listened with interest. When I tied her up to her post, I said to Steve in her hearing, 'Matilda might get a *Gold Star...*'

'If she's good,' Steve finished.

By this time Matilda was thoroughly motivated. Ever since Aida had been getting gold stars, she'd been wanting them too – and here at last was her chance!

Matilda's behaviour during hoof care that day was very much improved, with only a few little shuffles. She was so proud when she was awarded the gold star! We had to go through the little ritual... 'Guess what, Marja?'

'What, Steve?'

'Matilda got the *Gold Star!*'

'The *Gold Star!* What a good donkey Matilda!'

Whereupon I gave her a thorough brushing, which she loves.

Since then hoof school has been much easier. I don't know why the gold star method works so well. It's not much different from our previous method of profuse praise and reward for good behaviour. Perhaps it's the gold star ritual, or perhaps it's the prestige they feel it bestows on them in front of the other animals. Most likely it's both.

We do know, as ex-teachers, how well the physical gold stars used to work with children. Animals aren't very different, they too try to please those they respect and love. The little ritual is an aural version of the visual, visible gold star of approval.

I do know that child or animal has a noticeable glow around them for some time after receiving a gold star. And I know that, as a teaching or training method, it is an enjoyable and kind way of achieving results.

RIDE ON STRANGER

PART 1

by Greg Baker, Braidwood, NSW.

Ride-on mowers are usually strangers until the small farm experience begins. For those unfamiliar with ride-ons, I propose to outline in a three part series their features and the things to look for in any purchase decision. Although this outline cannot tell you what to buy, it will tell you the facilities available and what you should be looking at in your selection.

Three or four or more thousand dollars is a lot to pay for a new lawnmower, and up to a thousand a lot to pay for a second-hand one. This decision needs commensurate study before you pull the cheque book out of your back pocket. Ride-on mowers are complex pieces of equipment and have a myriad of design features. Although this makes a complex purchase decision, in broad terms the choice is based on engine, drive train, controls, cutting abilities and attachment possibilities.

ENGINE

Ride-on mower engines are one or two cylinder, four-stroke petrol engines. Although various makes of mower use a range of engines, they are most often selected from the Briggs and Stratton range.

The engine of a ride-on mower is needed not only to cut grass but also to move you around. Therefore its size needs to be matched to the cut width and the terrain on which the mower will be operated.

All other features being equal, a larger engine will enable a mower to cut more easily in worse terrain. If you are looking at second-hand mowers a newer, well maintained engine will obviously perform better than an older engine or one that has been neglected.

Engines may be positioned either to the rear of the mower or to the front. Unless you want to spend hours breathing exhaust fumes you must consider the position of the exhaust pipe. In addition, the exhaust should be arranged and designed so that it minimises the risk of sparks catching fire to dry grass in summer.

Starting

The lower end of the ride-on mower range uses the familiar recoil starter system for starting. Pulling on a rope has proved successful for all manner of small engines for a long time and there is no real reason not to accept this system for ride-on mowers. They are fitted to ride-

on mowers of less than about eight horsepower.

The upper end of the range features electric start systems much the same as on ordinary motor vehicles. They are usually started by turning a key (Yet another key for your key ring!) in an ignition switch. They are fitted to engines of about 12 horsepower and above.

Lying between these two extremes are mowers which can be started either by electric starter or recoil starter. Although regular engine maintenance should mean that the starter battery does not go flat, these mowers can be started with a dead battery. These dual systems are fitted to mowers with engine size in the range eight to twelve horsepower.

Fuel Tank Size

Fuel tank size offered depends not only on the engine size but also on the manufacturer. For a 12 horsepower mower engine the size of the fuel tank ranges from a low of about four litres to a high approaching 20 litres.

Clearly, many more hours of operation are possible from mowers with the larger fuel tank sizes, but whether this is important depends on the area you need to mow and over what time span. If you have a big area to cut without interruption, clearly a larger fuel tank is an option worth considering. However, even the smaller tanks should give you a couple of hours mowing and that in general is long

enough for most people to work without a break.

DRIVE TRAIN

The engine drives the cutter blades to cut the grass and turns the two rear wheels via some form of gearbox.

Gearbox

Gearbox styles vary. At the most basic level is the manual gearbox. It has a choice of three, five or even eight forward gears, but without the synchromesh facilities of a modern motor car gearbox. Although this means you need to stop the mower to change gear, this is no real restriction in most cases. The method of operation is simple: bring the mower to a standstill, declutch the gearbox from the engine, change gear, release the clutch and move off. It is usual to run the engine at or close to full throttle and not to touch it during a mowing session so what you are choosing with this manual gear system is the ground speed of the mower.

With another style of gearing system, you are able to choose ground speed – forward or reverse – within limits by depressing a foot pedal. This engages the engine via a slippage disk to the wheels. The harder you push the foot pedal, the less is the slippage in this system and the greater is the ground speed. This allows an infinite variation in ground speed compared to those selected with a manual box and, surprisingly, causes little wear



A ride-on mower is a major purchase and there are many features to consider before you part with your money.

GRASS 63 ROOTS

problems at the slippage mechanism.

Finally, some mowers are equipped with a full automatic gearbox much like those of a motor car. This is a fluid drive system and also provides an infinite range of ground speeds.

You will be able to see more or less of the mechanism depending on gearbox style. If you are contemplating a second-hand mower, checking for wear on visible components will give you a feel for the state of parts you cannot see. Also a well maintained mower will show signs of attention that are more than the surface deep touch-up that comes from a quick clean before sale.

Unlike walk-behind motor mowers where the cutter blades are permanently engaged with the engine crank shaft, ride-on mowers have blades which can be disconnected for starting.

Cutter deck drive engagement varies from mower to mower. All use a belt drive, the belt running around pulleys at the engine and at the cutter itself. There are three basic methods of disengaging this belt drive and all are equally effective.

The most simple has the belt in place around the engine and cutter pulleys but hanging loose for starting. To engage the cutter drive, the operator pulls a lever which physically moves the cutter deck and its drive pulley further from the engine. This tensions the belt around both pulleys and the cutters turn ready for cutting.

A more complex version of this mechanism has the belt hanging loose but a separate pulley on a spring-loaded lever arm which pulls the belt tight for engagement. An advantage of this method is that the sprung lever arm pulley can keep a constant tension on the belt and adjust it as it wears.

Finally, some mowers have the belt

fully tensioned on its pulleys at all times and an electromagnetic engagement device at the engine to engage or disengage the engine from the belt drive. Because the belt is always tensioned, this method has the advantage that the belt can never fall off the pulleys if you are driving on rough ground with the cutters disengaged.

On second-hand mowers look for belt wear that will indicate the age of the mower.

Tyres

Tyres should preferably be pneumatic and as large as possible. Pneumatic tyres have more give in them and this means that they not only give you a better ride and have improved traction on soft ground, they also have less compaction effect on the ground on which they are driven. In this context, tyre size is important too. The greater the tyre width and diameter, the more the mower and rider mass will be spread and the less damage you will inflict on the soil structure.

The factor of soil compaction should be considered too in any purchase of rear mounted accessories. Some makes of mower require that front wheel weights be added to counterbalance rear accessories and to improve traction. The extra mass both of accessory and weights can have an adverse impact on your soil. In addition, larger tyres on larger diameter wheels allow the mower to traverse rougher country than would be possible with smaller wheels.

In the next part of this series I will look at controls and gauges.



DOG AND POSSUM REPELLANT

Dry hot chillies in a slow oven and grind them up to a powder. Sprinkle a little on areas in the garden to keep dogs away and on new growth to deter possums.

MENDI FARM

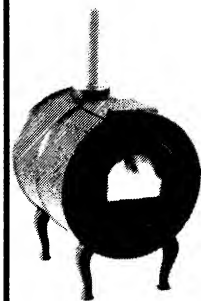
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HOT DRUM

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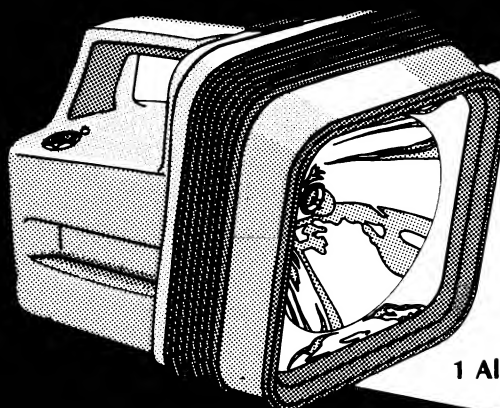
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Down home on the farm. . .

by David Miller



At present, much of Australia is in the grip of drought. New South Wales, in particular, has had very little rain since Christmas and did not receive the expected regular rainfall in autumn and winter this year. Rain at that time is vital for the growth of pastures and crops that form the basis of annual farm income.

As a result, there has been widespread hand feeding of stock with hay and grain, with no end in sight. This not only depletes the farm store of fodder, but prices rise and supplies dwindle, making purchases difficult, especially if your income for the twelve months is in doubt. Sheep have recently been sold for \$1.00 per pen at sales because they are too poor for the abattoir, and prospective purchasers have no feed for them. There have also been many sales of in-calf cows. Forced sales of breeding stock reduce the farmer's chance of making a reasonable income in the following year, because they reduce the farm's productive capacity.

For the grain producer, crops that have not grown substantially by mid-winter will either have a poor yield of low quality grain, or will have to be used as fodder to keep grazing stock alive. Either way, they do not repay the costs of sowing. In addition, there is the prospect of having to find the sowing costs for next season, with no return from this one. This is how debt can spiral out of control in a high risk occupation like agriculture. If the farmer borrows to put in the crop for next season, and then experiences a poor result, he may suddenly find himself on the bank's bad debt list.

Drought for the farmer is like unemployment for the city dweller – you feel helpless and empty, seeing years of hard work wasted, fearful of a future in which you do not have the skills to survive. Farmers, however, are some of the most resourceful people in the world. They quickly learn how to solve problems in a practical way, with skill, the materials at hand, and a little help from the neighbour. We hope they can draw on these resources once more, in whatever circumstances they find themselves, and do well. Australia needs as many people as possible working with that old Grass

Roots knowhow, to produce a happy, rewarding life for themselves and their families.

In our own little farming activities, we have cattle on agistment and cattle on the irrigation property we lease. Those on agistment are on dry country and having a moderately difficult time, even though they are in a high rainfall area in the mountains of eastern Victoria. Their calves will be weaned early so the cows do not lose condition feeding them. Already, we have had to bring one mob back home because of a feed shortage, but the rest will make it through without too much trouble.

On the irrigation farm, more fodder will be grown to feed the stock and provide hay for next winter. This exercise will give us some experience in the sowing and management of crops grown specifically for hay or grazing stock. Species used are mainly hybrids of those which respond well to ample supplies of water and sunlight. (I think they used to be called long-day plants.) The most common one grown in this area is millet, then sorghum hybrids used for leaf (rather than grain) production. Maize is slowly gaining in popularity, but it requires special equipment to sow and harvest.

We may also have to sell some of the older cows to keep numbers at a sensible limit so that calves can keep growing well. This can be managed before cows are too run down and out of condition.

One consequence of the drought is the large army of crows hunting around Megg's poultry and making a good living off eggs and whatever else they can find. These birds are mostly controlled by making sure all their food supplies are managed so there is little left for them to find. Thus eggs must be collected often and sitting birds given plenty of shelter. Unfortunately, this then creates in them an interest in the living and so very young birds start to disappear. We realised this level of crow intensity had been reached recently when a duck with ten ducklings found its way into the orchard. By lunchtime, five young birds had disappeared, their remains being found nearby with a collection of eggshells – the crows' anvil.

Megg has been using an old three wheeler we used to have on the farm. I found a trailer to accompany it and they have become indispensable for all sorts of carting jobs around the place as well as the twice daily feeding. Mind you, this radical departure from Amazonian bucket carrying was not put in place overnight. There was much distrust of the motorised vehicle, with fears of scaring the birds, churning up mud in winter and more problems with repair and maintenance of unreliable motorised vehicles put up as the main arguments. I know I will be chastised for this but I fear our Meggie is becoming open to change these days much more than she used to be. To my amazement, the three wheeler has been accepted with ease, once the little tricks of driving it were mastered. (Finding reverse was the hardest.) Megg now even has passengers as she drives around with the feed. The latest is Wyatt Earp, a Silver Campine rooster with large spurs who jumps on the trailer as it enters the paddock and chats to Megg as she wends her way around the sheds. The machine is then parked near a large shed full of turkeys where any bird that passes can jump up on the seat and loudly berate them on the benefits of a liberated existence. They answer back, of course, so there is much noise because of the machine, even when it is not in use.

Recently an advertising brochure came into the office from the local hardware store. Megg immediately advised me she had to have an arch for the garden – as illustrated on special and available locally for a very modest sum. I am usually suspicious of these metal items which are probably produced by the thousand, using child labour in another country for about one percent of the retail price. However, we bought the pack after much insistence on behalf of the gentleman at the shop that 'a woman could easily erect it without assistance'. However, women are not always familiar with how to use the self-tapping screws used to join the arch, particularly being unaware of the amount of force needed to insert them. The arch now graces the garden, having been not quite so easily erected by two capable handypersons.

LEAP RARE BREEDS SURVEY UPDATE

Recently a group of youths began a LEAP programme through the Gordon TAFE, Geelong. The purpose of their programme is to collect data regarding the numbers and whereabouts of rare, pure breeds of poultry and waterfowl. They are sponsored by the Victorian Branch of the Australian Rare and Minority Breeds Association.

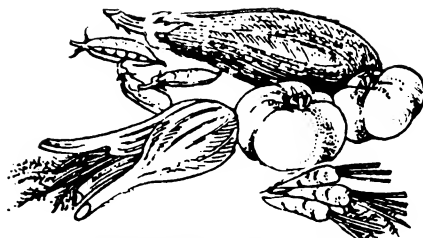
The survey began by contacting known breeders of one of the rarest breeds, the Transylvanian Naked Neck. Breeders were asked various questions regarding the size of their flock and whether their flock was increasing or decreasing. They were also asked if they knew of any other breeders and where they obtained their initial stock from. This gave further contacts to continue with. It was originally believed that there were fewer than 10 breeders in Australia.

At the completion of the study over 16 breeders had been contacted. All the information collected was compiled in a database. This database and all other relevant information will be passed on to the Australian Rare and Minority Breeds Association.

The main survey has now commenced and involves breeders being contacted regarding all pure breeds of poultry. It is hoped that a comprehensive database can be compiled for easy retrieval and reporting of data. Questions asked relate to what proportion of the flock is of breeding age, male, or young female. Colour and size of the breeds are noted, as well as contact details of the breeders and the length of time they have been breeding poultry.

Students are currently collecting data from known breeders, as well as contacting possible publicity outlets in a bid to reach any breeders who may not be able to be located through usual sources. Any assistance or details of breeds and breeders will be gratefully acknowledged.

The group can be contacted through the Gordon Technical College, Geelong (Spring Street campus), or by phone on 052-231-312, fax 052-250-908.



ORGANIC FARMERS

Do you run an economically viable organic farm (any type)? Are you interested in assisting with research for an article? Of particular interest would be farms which have been converted from chemicals to organics, so we can hear a before and after viewpoint and learn about any problems associated with the conversion. We are seeking information in the following areas:

- Reasons for changing.
 - Chemicals previously used.
 - Any health problems farmers or their families may have experienced which they link with chemical use.
 - Pest and weed control methods/strategies now used.
 - Comparative effectiveness of same.
 - Types of machinery used.
 - Farm productivity and profit before and after using organic methods.
 - Other perceived benefits/problems.
- Can you help? Your confidentiality will be respected.

Please address replies to: Mary Horsfall, Night Owl Publishers, PO Box 242, Euroa 3666.

DRYING SHOES

Remove, wash and dry the laces separately. Wipe all mud and grime from the boots. Crumple sheets of newspaper into balls, warm them near the heater and stuff them loosely inside the footwear. This will both speed the drying process and help the shoes retain their shape. Place the shoes near – but not too near – a heat source where the air can circulate freely. Keep the boots away from excessive heat as leather burns, shrinks, cracks and grows out of shape quickly when wet. When dry, apply polish or leather dressing.



START YOUR OWN BUSINESS !!!!

Has it ever crossed your mind to start a business of your own? If it has, then you should be reading the magazine **Australian Business & Money Making Opportunities**. It's available from Newsagents across Australia and New Zealand and is found in the business section. G.R readers can receive a sample copy by sending 3x45 stamps with your name & address to: AB&MMO, PO Box 518, Dept. B, Sth Windsor, NSW 2756. Fax: (045) 77 6942.

GRASS 66 ROOTS

PENPALS

My name is Bethwyn. I am 10. I like swimming, reading, writing, bike riding and doing hobby ceramics. If you would like to write to me, whatever age or sex, I will reply.

Bethwyn, C/- PO Box 242, EUROA 3666.

G'day! My name is Miranda and I am a 12 year old girl. My interests are roller blading, bike riding, cooking, reading, writing, animals, basketball and watching videos. Most of all, I love art, partying, dancing, and receiving letters and parcels. I would like a penpal, girl or boy, between the ages of 11 and 14 from overseas.

Miranda, C/- PO Box 242, EUROA 3666.

Hello, my name is Serenity. I am an 11 year old girl looking for a boy penpal aged 10-14 and a girl aged 11-13, from Tasmania or New Zealand. My interests include playing my keyboard, animals, basketball and writing letters, stories, poems and plays.

Serenity, C/- PO Box 242, EUROA 3666.

Hello! My name is Bronwen and I am ten years old. I enjoy stamp collecting, reading, letter writing, music and sport. I would like a penpal around my age from anywhere. I will reply to all letters.

Bronwen, C/- PO Box 242, EUROA 3666.

Hello everybody, my name is Ryan. I am 11 years old and enjoy motorbike riding, body boarding, swimming, soccer, reading, tennis and basketball. I live on a 240 acre property with wild birds, ducks, reptiles, animals and trees. I would like friends from all over Australia and overseas aged between 11 and 12, to be penfriends. I will reply to all letters.

Ryan, C/- PO Box 242, EUROA 3666.

CLOTHESLINE HERB GARDEN

Use the wasted area under your clothesline to grow rosemary, lavender and other low-growing herbs. The perfume will be released as you brush or tread on the herbs, making the clothes smell sweeter and the chore more pleasant for you.

CRYPTIC GRASSWORD

Continued from page 54.

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Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

★ FEATURE TITLE ★

THE HEALING GARDEN – Sue Minter.

This is a book of great diversity; although it is predominantly about plants it will also appeal to anyone interested in food, natural healing, colour harmony and botanical history. The author, a history scholar and, at the time of writing, Curator of the Chelsea (England) Physic Garden, begins by tracing the fascinating history of plant lore and its close relationship with medicine, both throughout time and across various cultures worldwide.

Following naturally from this is a discussion of healthy eating and how it relates to organic gardening, with descriptions of various specific healing foods such as garlic and medicinal teas. Many will be intrigued to study the chart depicting the plant origins of some major modern drugs.

Growing and using plants to heighten all the senses is an important aspect of a healing garden. In this section will be found recipes, use of colour to create mood and harmony, incorporating the soothing sound of running water, use of plants for scent and for texture.

A garden however is more than a physical entity; it can be a sanctuary to provide a spiritual haven. Although this is a very personal aspect of garden creation and largely reliant on the expression of the gardener's individuality, there are some inspiring ideas and useful guidelines.

In the modern world where so many live removed from even their food source, it is easy to overlook the important part that plants have always played in people's lives, as food, medicine, and for aesthetic pleasure. This book is a re-affirmation of that importance and will provide impetus and inspiration which anyone can incorporate in their own garden. It is beautifully presented and lavishly illustrated with colour photographs, making it a wonderful gift choice with wide appeal.

H/b, 160 pp, Angus & Robertson, RRP \$39.95.

CHILDREN FIRST – Penelope Leach.

My impression, before reading this book, was that Penelope Leach was advocating that all mothers withdraw from the workplace to remain at home to raise their children. Not so! She is saying that mothers and fathers and society in general must take the responsibility for ensuring that the job of child rearing regains a high priority in our everyday lives, but that the mother isolated in her home with the sole responsibility for child care is not the acceptable alternative.

The first part of the book argues the necessity to truly identify the importance of the family. The second part outlines ways in which the conflict between parenthood and paid work can be resolved through flexible integration and sequencing of people's various roles.

H/b, 302 pp, Penguin Books, RRP \$29.95.

PAINSTOPPERS – Norman D Ford.

A myriad of non-drug techniques for relieving most kinds of pain, including exercise, diet, mind power, relaxation, Chinese medicine, acupuncture. Will help just about anyone cope with any pain – physical or emotional.

P/b, 286 pp, Prentice Hall Aust, RRP \$19.95.

BACK ON TOP – Gail Heathwood.

Retrenchment has wide-ranging effects not only on the person directly concerned, but also on their families, friends and the wider community. This book gives expert advice on: how to cope with retrenchment, minimising the effects, developing personal resources, and finding new jobs.

P/b, 117 pp, Allen & Anwin, RRP \$11.95.

HEINERMAN'S ENCYCLOPEDIA of HEALING JUICES – John Heinerman.

Describes how to use fruit and vegetable juices to treat a myriad of health problems and boost the immune system. Contains descriptions, nutritional data, preparation methods and therapeutic benefits. Easy to read and understand.

P/b, 303 pp, Prentice Hall, RRP \$22.95.

THE BETTER BICYCLING BOOK – Harry Barber.

Cyclists of all standards will find this book packed with useful and relevant information. Everything you need to know including: choosing a bike, repairs and maintenance, accessories, safety, roadcraft, clubs and events. A 'must read' for all parents about to buy a bike for a child. A good gift for an older child interested in bikes.

P/b, 201 pp, Silver Gum Press, RRP \$16.95.

PAPER TOLE: THREE DIMENSIONAL DECOUPAGE – Judy Newman.

Comprehensive instructions and projects for this immensely popular craft. Advice about materials and equipment, basic techniques and where to obtain print kits. Includes one set of prints.

P/b, 46pp, Sally Milner Publishing, RRP \$19.95.

FOOD FOR UNDER FIVES – Rosemary Stanton.

Well known nutritionist comprehensively discusses all aspects of children's eating patterns and needs. Describes the basis of a healthy diet and then traces through the child's nutritional needs as he/she grows. Includes a section on coping with allergies and other problems.

P/b, 145 pp, Allen & Unwin, RRP \$12.95.

THE FREE-CAMPING GUIDE TO TASMANIA – S & S Collis.

Gives details of over 50 free camping locations in Tasmania – all of which are open to domestic pets. Includes maps and describes facilities and restrictions (where applicable).

P/b, 52 pp, Available from S & S Collis, PO Box 654, Cloverdale 6105. RRP \$6.95 incl p&p.

GROWING INTO GARDENING: with your children – Melissa McGroarty & Noelle Weatherly.

A book for parents and children to use together. Shows how and why plants grow, how to involve children in the garden and how they can be environmentally aware in the garden. Many interesting activities with a child-friendly format and illustrations.

P/b, 152 pp, Hyland House, RRP \$19.95.

A-Z OF COMPANION PLANTING – Pamela Allardice.

A new look at an old theme. Very thorough information about plants which like or dislike each other. Plenty of hints, recipes and all-round good ideas. Pleasant format and colourful illustrations.

P/b, 208 pp, Angus & Robertson, RRP \$35.00.

OUTDOOR PIG PRODUCTION – Keith Thornton.

An English book but very appropriate to Australian conditions. Covers all the essentials of pig production most comprehensively, including: care, housing, fencing, breeding, equipment, feeding, and a very detailed section on record keeping and budget planning.

H/b, 206 pp, Butterworth, Heinemann Aust, RRP \$52.95, plus \$10 if posted direct, but is available, or can be ordered, from book stores.

OPTIONS FOR THE ELDERLY and THOSE WHO CARE FOR THEM – Glenda Banks.

This new edition updates readers on the latest developments in care of the elderly. The elderly now have greater flexibility than ever before and are encouraged to remain independent for as long as it is appropriate. All the options are clearly and caringly explained.

P/b, 175 pp, Hale & Iremonger, RRP \$16.95.

THE SALAD GARDEN – Joy Larkom.

Very comprehensive instructions for planning a salad garden, propagating the plants, types of plants and how to grow and use each. Includes bulbs, roots and tubers and herbs, flowers and wild plants. Well illustrated throughout and includes many serving suggestions.

P/b, 168 pp, Angus & Robertson, RRP \$24.95.

GRASSIFIEDS

HOW TO ADVERTISE

Use the form provided at the end of the Grassified section, or a separate sheet of paper, to print your advertisement clearly, not in block capitals, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 40 cents per word (all types of ads) to work out the total cost of your advertisement. Send your advertisement and payment to Grassifieds, PO Box 242, Euroa 3666 before the deadline and we'll include your advertisement in the next issue of Grass Roots.

PROPERTY FOR SALE NEW SOUTHWALES

TWO BEDROOM HOUSE on 1/4 ac permaculture block in Canberra's south. Large orchard, no grass, native front yard. \$165,000. Ph: 06-252-7094 BH.

ROCKY HALL, FAR SOUTH COAST, 177 ac, nth facing, backing onto Coolangubra forest. Phone/elec avail, mail service, school bus to Wyndham/Bega. \$70,000 ONO. Ph: 064-942-294.

SNOWY MOUNTAINS AREA, 586 ac, central to snowfields, trout fishing, sth coast & Canberra. Part cleared, part timbered. Three b/r b/veneer home. Scenic outlook, water all year. Ph: 064-524-589 AH.

HOLBROOK AREA, 1500 ac, 100 kms Wagga & Albury. Virgin timbered – peppermint, stringy, bluegum etc. Hilly to undulating, 1000 mm rainfall. Permanent crks and springs. Partly fenced, can be subdivided. \$100,000. Ph: 050-222-013.

MID NORTH COAST, halfway Port/Coffs, 25 scenic ac, partially cleared, excel soil, dam, creek, settlers' cabin, new zincalume garage, 10 min to coast. \$65,000. Ph: Chris, 065-699-356.

DRAKE, NORTHERN NSW, 100 ac bushland, dam & crk, 15 min to town, school and shops, on good dirt road off highway. Great potential for building with rock and timber. \$45,000. Ph: 067-376-613.

FAR SOUTH COAST NSW, Burrigate, situated b/w Egan Peaks, Tantawangalo and Coolangubra. It is some 35 km from Eden and around 35 min drive to Pambula/Merimbula. There is a school bus to the local primary school at Towamba, a bus to the high school at Eden and a daily mail and freight service to Bega. Two km from the village of Burrigate we have 18.5 ac of land for sale, comprised of around 12 ac of river flats and the remainder timber. The property has a sml dwelling within a rabbit-proof compound. There are a couple of sheds, a ride-on mower, 5KVA generator, pump, Land Rover (needs work), solar system, gas fridge, water, some f/ trees, beehives, ornamental trees, tools, building materials incl mud bricks, doors, windows, timber etc. The dwelling is insulated where complete and is made from timber and mud brick. It has a s/c/stove, a gas stove, hot & cold running water, o/fireplace, a loft and a bathroom of sorts. The telephone is connected. The property has not had any chemicals used for at least the last 10 years and is bounded on one side by the Towamba River. Access is 2WD in all weather except extreme wet periods. The place, though a little run down, can be moved into immediately, but needs some enthusiasm to plant veggies, complete building etc, etc. We are asking \$69,000 ONO and

interested people can contact Garry on: 049-845-870.

COLLOMBATTI, ABSOLUTE PRIVACY. Spacious mud brick/timber 3 b/r home. Power, ph, 3-way HWS, dam, ample water, garage/workshop, guest cabin. Established gardens & orchard. One-third share of 40 ha property, tenants in common, 1/3 of land cleared and fenced, remainder timbered hills. Great views, good partners 1/2 hr from Kempsey. Move in and enjoy. \$82,000 Ph: 065-668-103.

LAND, LOCATION TRIANGULATION Moama, Echuca, Mathoura, Deniliquin, Bunnaloo, Torrumbury Weir, 15 x 1/2 ac blocks. Beautiful level land, share rights 220 ac common, \$3950 per block ONO, easy terms TAP. Ph: 069-293-070. (Genuine reason for selling.)

MID NORTH COAST, 248 ac, 20 min Wauchope, 45 min Port Macquarie. River front to hills, 3 dams, 2 crks, 3 sheds, estab garden – fruit/nut trees, biodynamic 10 yrs. Older style home, modernised interior, lge living area, 3 b/r, 2 bath, verandah 3 sides. (Built in) quality inclusions. Wool carpets, slate & cork floors, s/c/lounge fire, s/c and elec stoves. Solar HWS. \$300,000. Ph: 065-871-190.

WYNDHAM, NSW, 28 ha (69 ac) older style 3 b/r timber home, plus new Colorbond shed fitted for accom, 3 dams, crk frontage and crk flats, 3 min to village and school bus at gate. Vendor wants quick sale so asking only \$144,000. Ph: 06-294-1986, or 018-622-700.

UNSPOILED BUSH RETREAT, 56 ac, Mt Darragh, Wyndham NSW, 50 min from Pambula. Shack and ph on site, 4 km from bitumen road. Development application current. \$73,000. Ph: 06-294-1986, or 018-622-700.

NORTHERN NSW – TABULAM – for quick sale, 2500 ac beautiful bush, 3 km river frontage, some frost-free, sheds, comfy cabin and 4 WD included. Lease in perpetuity. \$120,000 ONO. Ph: Robyn, 066-847-454.

NORTHERN NSW – Peacock Creek Valley, 10 km to township of Bonalbo. Private & secluded home on 100 ac, power, ph, dam, est gardens, 200 fruit/nut trees with in-ground irrigation. Colonial style brick & western red cedar home, covered outside living area, double carport, 3 b/r, ens, WIR, lge timbered kitchen, lounge, din, fam rooms with cathedral ceilings, terra-cotta tiles t/out, s/c/heater. R/forest gullies, timbered, walking tracks, Bonalbo has all amenities incl hospital & schools to yr 12; approx 2 hrs to coast. \$235,000 ONO. Ph: owner, 066-651-359.

MID NORTH COAST, 5640m² block on village outskirts overlooking farmland with mountain backdrop. Walk to primary school. Power/water connected. B/A held \$59,000. Solid log cabin with loft. Two ha of natural bushland close to beach and river. Lovely home or retreat –

\$145,000. Five ac Manning Valley hinterland full brick 3 b/r home, machinery shed, crk/dam – \$139,000. Seventeen elevated ac of natural bushland with 300° views of Camden River Valley. Easy drive to Laurieton/Port Macquarie/Taree. Rustic dwelling – \$160,000. Forty-one ha 20 min Taree, bounded by perm crk, 2 b/r home, plus bunkhouse – \$130,000. Sixteen and a half ha bush block adjoining state forest, short drive to beach and Taree – \$99,500. Ph: Old Bar Beach Real Estate, 065-537-736.

GREVILLIA, FREEHOLD, 56 ac, open forest, abundant bird & wildlife, perm crk and 2 dams, 5 min school and shops, 1/2 hr Kyogle. \$65,000. Ph: 07-294-6343.

NYMBOIDA, 1580 ACRES, freehold, 45 km Grafton, perm crk, dam, yards, mostly timbered bushland, some river frontage, ideal neighbours, joins state forest, very private. \$130,000. Ph: Lawrence, 02-212-7284.

LARNOOK, NEAR LISMORE. 2 ac, close to shop & school. Large 2 storey house, unfinished but very livable. Two to 3 b/r, with lge open living area. Gas stove, HWS, wood heater, 'A'-frame roof (upstairs) insulated with 3" thick cork batts. Solar powered, ph connected. Five thousand gal concrete holding tank, 2000 gal steel catchment tank, 50,000 gal dam. Gently sloping block, with good access & panoramic views of cliffs. Established gardens & lawns, assorted f/trees, herbs, trees & shrubs. \$72,000. ONO. Ph: 066-223-386.

WHIAN WHIAN, 20 km nth of Lismore, 15 ac, low maintenance 2 b/r home. Permaculture garden, crk, f/trees, r/forest, valley views, chemical-free. Close to local schools. Includes c/van and machinery. \$180,000. Ph: 066-895-488.

LAND NEAR EDEN – wonderfully secluded yet close to coast, snowfields, Canberra, midway Sydney-Melbourne. Creek and/or river frontage, all virgin timber. One hundred plus ac with river or crk on 3 sides \$80,000; 120 ac, long crk frontage \$70,000. Both ideal for shareholdings – buy with friends or sell shares later on. Or own your own nat park! Ring me on 047-824-856 or 841-020.

HUNTER VALLEY, display colonial cottage to be repeated on 100 ac 2 hrs Sydney, Newcastle. Virginal forest, tableland with towering ironbarks, gorge with delicate ferns, crks for spear pump, dam, elec, ph. Finance avail on \$40,000 deposit and \$80/week. Price \$120,000. Colour brochure avail. D Macarthur R E, 02-958-1988. **SOUTH EAST NSW, 5 km west of Brown Mountain, 62 ac** (30 meadow, 32 forest). Good water (spring, stream, sml dam). \$30,000. Ph: 004-921-173.

FOR SALE, 30 ac with house, partly renovated, furnished, power on, outside sheds, 3 water tanks. Tara, 28 km to town. \$35,000. Ph: 042-294-903.

PROPERTY FOR SALE NEW SOUTH WALES

HUNTER VALLEY, TWO HOURS SYDNEY, Newcastle, 100 ac, tableland with mountain outlook, crk for spear pump, elec, ph, foundations for approved cabin. Finance avail on \$8250 deposit \$72/week. Price \$82,500. Colour brochure avail. D Macarthur R E, 02-958-1988.

BEAUTIFULLY ESTABLISHED SANDSTONE home with 2 gabled studios, easily used for sep accom. Situated on picturesque 1 ac. We are surrounded by undulating peaceful forested hills 6 min from Casino, 20 min from Lismore. \$169,000 ONO. A Sealey, PO Box 680, Casino 2470.

GRAFTON THIRTY KILOMETRES, old-style country cottage, 100 ac bush, some permaculture. \$130,000. Ph: 066-477-141.

NYMBOIDA, NORTH COAST, 2 storey, hexagonal, timber 3 b/r home with study on 100 ac. Sunny spacious dwelling with balcony and verandahs overlooking stunning views. Power, ph, good access, sheds, dam, well fenced, abundant organic veggie garden. Independent 1 b/r cottage. Property is 80% wooded with hoop pine, silky oaks and r/forest species, perm crk, prolific wildlife includes kangaroos, wallabies, bandicoots, possums, platypus, eagles, parrots. Pure peaceful environment within a friendly community. \$160,000. Ph: 066-494-260.

NORTH COAST NSW, Rileys Hill, Ballina 25 min, Evans Head 15 min, organic gardeners' delight. Two storey timber and Hardiplank home on approx 2600 m² (1 ac) block, all hill with good aspect, town water, power, ph, mail service and school buses. Home has 4 b/rs, lge lounge with o/fire, house needs minor renovations. National park bndry, with koalas, birdlife abounds. Can be subdivided, one cut with existing steel shed on second block, could suit 2 families. Good black loam soil, no chemicals for at least 25 years. House has plenty of scope for expansion. Two min drive to Richmond River, and fresh water swimming hole, 10 min to quiet nat pk beach. Not many left like this. A piece of paradise selling for \$160,000. Ph: Russell, 066-828-383. Please leave message, will call back.

DEUA RIVER, RIVERFRONT cottage on 3/4 ac, surrounded by Deua Nat Pk. 240V complete solar power system, nth aspect, estab f/trees and gardens, 20 min from Moyrua on Araluen road. Phone, school bus. \$79,000. Ph: 06-295-2780 AH.

SOUTH COAST TABLELANDS, 40 km west of Jervis Bay. Basalt soil, high rainfall on Sassafras plateau, surrounded by nat pk. Small acreages (1.2, 2 & 3 ha) with building permits for less than \$40,000 each. Ph: 066-295-315.

NEW ENGLAND—OAKWOOD AREA, 25 km Inverell. Escape the rat race, pollution and smog. Enjoy living on an income-producing rural property of 358 ac, fully fenced, 220 ac cleared and sown to pasture. One km double frontage to perm crk. Solid home with fuel & elec stove, o/fireplace, ph, power etc. Surrounded by natural bushland, very private and peaceful. \$358,000. Ph: 067-254-683.

BEAUTIFUL NYMBOIDA RIVER, 2 ac. Charming, rural, older style house, excel condition, 3 b/r, roomy, polished floors, f/place, all mod cons; 5000 gal concrete tank, sheds, bush house, new

GRASSIFIEDS

**DEADLINES: GR 106 – OCTOBER 28TH
GR107 – DECEMBER 23RD**

chook run, f/trees, veggie/flower gardens, quality pasture. Tennis courts nearby. Grafton 30 min, bitumen road. \$85,000. Ph: 074-415-549.

GENERAL STORE (approved) under construction. Rustic style, 2 b/r, bathroom etc. Completion end October. Kyogle 15 min. School bus/mail to door. Five ac, crk, tranquil valley, brilliant views. Lifestyle & business. \$125,000 (some vendor finance avail). Ph: Gordon or Barbara, 066-331-283.

OURIMBAH, 10 KM GOSFORD, 35 min Hornsby. Tiny – suburb alternative, backs bush. Country style 3 b/r brick & timber home, 2 yrs old, verandah, timber floors, s/c/heater. Fruit trees. Ph: 043-622-689.

NYMBOIDA RIVER, 40 km from Grafton, northern NSW, – 'Rocket Cottage', cedar-clad, timber frame, 2 rooms, 12V solar power system, 6000 gal r/w storage, some f/trees, riverfront views, swimming hole, good access, on 100 ac, freehold arable land. (Could suit up to 4 share holders). School handy, supportive local community. \$100,000 ONO. Contact Annie, 066-220-637 (evenings). PO Box 1153, LISMORE 2480.

EMMA VILLE, 1073ha (2650 ac), lge house, all mod cons, estab garden & orchard, perm water, very scenic river & crks. Electric woolshed, machinery shed, silo, 40 ha cultivated, school bus, 5 hrs from Brisbane. \$250,000. Ph: 067-337-256 AH, or 067-831-421 AH.

MERRIWA. Three 50 ac blocks in GRNP. Priced from \$25,000. Lots on river won't last. Ring: 065-471-021 evenings.

MANILDRA, 45 KILOMETRES from Orange – 3 1/4 ac, town bndry, 3 b/r, sep lounge, dining & kitchen & back verandah. Fuel stove, elec & ph, wood heating in lounge, nth aspect, town water, good soil, sep garage. Chook pen, f/trees, school bus at door, 5 min walk to all amenities. \$65,000. Ph: 063-653-457, or 063-614-874.

LISMORE/NIMBIN, 20 ac, crk, waterfall, 3 b/r home, workshop, 3 sheds, studio, estab garden, fruit orchard, 27 km to Lismore, 16 km to Nimbin. Good roads, school, mail bus services. Electricity. \$190,000. Ph: owner, 066-888-259.

NORTHERN RIVERS, 200 ac bush retreat, 2 b/r 5 yo neat, comfortable home, solar powered, septic, veggie garden, f/trees, frost-free. Ph: 066-661-348.

KYOGLE, FAR NORTH COAST NSW, Lynchs Creek, 3, 6, 8 and 200 ac (200 ac block may be subdivided into 2 x 100 ac blocks). Permanent crk, good soil, spring-fed dams, timber, abundant wildlife. Good access, homesite, power, school bus, postie. An ideal country retreat with a magnif rural setting. Short distance to Border Ranges Nat Pks & camping facilities, 2 hrs drive Brisbane. Ph: Jim or Hera, 066-362-248.

CHARMING EX-SCHOOL, on 2 ac. Timber building on brick piers, kitchen, bathroom, lge living area, verandah. Off peak hot water, LPG cooker, potbelly stove. All mains & wiring. Separate timber workshop with adj c/port, approx 3000 gal r/w/tank, bore, shade trees, bitumen road, school bus to gate. 75 mins to Casino, 3 hrs Brisbane. \$63,000. Ph: 02-302-331.

NYMBOIDA, NORTH NSW, 376 ac bush block

3 km from village school etc. Caves, cliffs, secret valleys, great views, low rates, low crime rate, alternative minded neighbourhood, close to river & state forest suit multiple occupancy or subdivide. \$135,000. Ph: 066-494-180 or 015-256-549.

HOUSE AND ACREAGE. 2 b/r w/b on 1.04 ac in the town centre of Bombala. Custom designed kitchen, polished timber floor, lounge, sep dining, s/c/heater, timber/tiled bathroom with thermostatically controlled floor heating, nth facing verandah, bbq area, lge garden shed with under cover woodstore. Opport to subdivide into 5 lots. \$70,000. A & U Varga, 1/13 Milner Cres, WOLLSTONECRAFT 2065.

QUEENSLAND

NEAR CHILDERS, QLD, 50 ac, fully fenced, variety trees. Bottom part 2 storey home, cement blocks, council approved, elec & all conveniences, livable now. Ph: 018-457-349, or 044-465-217.

MALENY, 3 b/r Queenslander on 200 ac community. Solar & gas. Lots more. \$110,000 for house plus shares. Ph: 074-961-685 nights & weekends.

UNIQUE OPPORTUNITY, Gympie church relocated to 14.4 ha property. Loads of character – incl spiral staircase to mezzanine b/r; o/fireplace on mezzanine; spa bath; orig leadlight windows. Spacious open plan floor area. Some finishing touches required on building. Verandah nth side length of building, overlooking huge dam (approx 5 ac) shared with one neighbour. Large area under building approx 20x6m. All facilities connected. Light regrowth vegetation. Property suitable for many purposes. Situated in popular area – 30 min Gympie, 15 min Tin Can Bay, 30 min Rainbow Beach/Fraser Island. \$190,000 ONO. Contact owner: 074-943-672.

FORTY ACRES, 3 b/r house, sunroom, septic, power, ph, truck, tractor, 40 x20' cabin/workshop, 4 dams. Town 20 min. School yr 12, 7500 gal r/water. Council approved. \$85,000 ONO. Ph: 076-653-720.

TWENTY-FOUR HECTARES, virgin mtn bushland, 20 km from Gin Gin. Dam, seasonal crks, good housesite. \$34,000. Ph: 071-572-646.

KURANDA, FAR NORTH QUEENSLAND, unique oppor for right couple to share in beautiful 30 ha r/forest property 8 km from Kuranda. Group title set-up, 1.2 ha freehold title with artist designed studio home & landscaped gardens + equal share of balance with 2 other couples (2 artists, 2 professionals). Permaculture garden to be developed co-operatively, dams in place. Abundant wildlife, total privacy. Further info, incl brochure write or phone: John & Jan, PO Box 86, KURANDA 4872. Ph: 070-930-197.

CONONDALE, beautifully finished timber, 4 b/r, 2 bath, 4 yr old country style home, private setting on 1 ac. Walk to school, pool, shop, tennis crts, park & pretty river, 15 min Maleny. \$166,000. Ph: owner, 074-944-610.

SUNSHINE COAST, 8 km nth Gympie, new 5 b/r, 2 storey home on 10 ac. Granny flat, 3 bathrooms, interior hoop pine lined, 10' verandahs. Huge spring-fed dam, private location. \$175,000. Ph: 074-826-463.

PROPERTY FOR SALE QUEENSLAND

AGNES WATER, BUNDABERG, Qld, great climate, great lifestyle, 1.5ha. Many improvements incl 17ft dam, rd access, levelled block with prepared housing pad, power, ph, tar sealed rds, mins to beach. Bordered by nat pks. \$47,000 ONO. Ph 02-665-4122.

MALENY – ESCAPE to a lifestyle of quiet beauty in the fertile Mary Valley, 108 acres \$150,000; 238 ac \$250,000. Spring-fed dams secluded valleys, r/forest gullies, millable timber, lush pastures, stunning views. Bitumen rd frontage, school bus. Ph: 074-460-381.

'COURAGE' HOME, 3 b/r, study, 2 bathrooms, verandah all round, on 20 ac of mtn ridge. Magnificent views over Kerry Valley. Garage/carport. Solar power – elec avail. One hr from Gold Coast. All offers considered. Ring: 075-325-024.

LAIDLEY, 12.43 ac, 4 b/r home, wood stove, school bus, 3 bay shed, chook pen, cow yards, irrigation licence, quiet bitumen rd, mtn view, f/trees, bore, 1 km crk frontage, 28 km to Laidley. \$150,000. Ph: 074-667-171, 667-161.

MUD BRICKS, 1200 + plans, \$2500, enough for 3 b/r loft house Macleay Island off Brisbane. Land here costs \$10,000. Ph: 07-409-5298.

TINGOORA – CLOSE KINGAROY, lge f/hold vacant mixed business with 3 b/r residence at rear, set on 1.8 perches. Heaps of character - front bullnose verandah, bay windows, high ceilings. Suit antiques, landscaping, general store. Double garage and storage shed also. In excel picturesque position near highway. \$65,000 ONO. Ph: 071-627-071.

TROPICAL SECLUSION on central Qld coast. Seldom does the opport to acquire unique property such as this occur, 60 ac with tropical r/forest and 3 palm-lined crks, 25 ac has been cleared & the balance is natural r/forest thick with palms & dense r/forest canopy. The deep black and red soils will grow anything. The property is situated in a secluded valley at Byfield, 20 min nth of Yeppoon and E of Rockhampton. The farm has been used for organic farming and some f/trees & vegie gardens remain. There is a farmhouse and solid fruit packing shed. Views are unlimited. You will never tire of gazing at the crk, valley, mtn and sea views. Within close proximity are: Five Rocks with secluded beaches & good fishing, nat pk, forestry & Shoalwater Bay, 10 min to boat ramp and 20 min to the Keppel Islands. A great place to get away from the crowds, but still only a 50 min drive to CQ University and Rockhampton. Price: \$250,000. Ph: Arthur Holt, 079-392-433, AH 079-393-743.

MOORE, three, 10x20' rooms, kitchen, lounge, spare, plus 3 b/r, lge bathroom, septic, carpet t/out, f/place, estab gardens, lock-up garage 30x20', lge shadehouse, 5 tanks, lots of native trees, 1/4 ac, low rates. Restumped, partly renovated. Across rd – bus to major shopping towns, lovely park, (hosp 15 min), police, garage, shop, grass tennis crts, river close, walk to school. \$50,000. Ph: 074-247-177, 071-292-273.

NORTH QUEENSLAND FRUIT & NUT FARM, 90 ac, 2 f/hold titles, 1200 macadamia

GRASSIFIEDS

To avoid disappointment ensure
your ad meets our deadline

nuts and machinery, tractor & implements, peach business. House plus granny. Situated on Herbert River, abundant water, 500 metres frontage. Organic income. Good soil/neighbours. Excellent climate. Grow anything. Permits to build more dwellings. \$235,000. Suit share holders. Ph: Suzie, 070-970-272. Hot Springs.

BONANZA, QUEENSLAND PONDEROSA, 1390 ac pristine splendour, r/forest, cycads, waterfalls, clear rock swimming holes, seclusion, 3 min to town, less than hr to beach. \$42,500 special lease. Ph: agent, 071-531-825.

HIDDEN VALLEY HIDEAWAY, secluded 40 ac in serene Qld hinterland valley, tall eucalypts, seasonal crks, 2 dams, craftsman built log cabin, stockyards, poultry run & more. \$27,990. Ph: agent, 071-531-825.

BUDDING BEEF BARONS, 300 ac Qld grazing property. Big dam and fishing holes in crk. Soft crk flats, heavily timbered ridges. Some new fencing. Handy to town & saleyards. \$39,500, offers. Ph: agent, 071-528-532.

IT'S ALL THERE, over 100 Qld ac, good dwelling, 2 b/r, rumpus, gas freezer, lighting plant, 3 big tanks, 2 dams, perm crk, good fishing, swimming, also 2 huge sheds, all fully fenced. Suit all pursuits. Handy to town. \$44,900. Ph: agent, 071-531-825.

HEARTBROKEN, MUST SELL our dream 130 ac absolute riverfront (ocean access) property near Agnes Water, rich soil with an area of genuine r/forest. Reduced from 'no amount will buy' to \$95,000. Ph: agent, 071-520-277.

QUARTER ACRE BLOCK, Cooyar Qld. \$6500. Ph: 071-631-698.

ULTIMATE WEEKENDER. Room for kid's pony, golf course next door for Mum & Dad. Short scenic drive from Cairns. Escape from the rat race every weekend on 1.75 ha for only \$35,000 ONO. Ph: Kristin Back, 070-516-900. Tony Roberts R/E, PO Box, 348, CAIRNS, 4870. JIMBOOMBA – 10 1/2 ac. Not 'well presented' because pumpkins, passionfruit and lemon grass never are, and the wallabies aren't eating enough grass. But we think it's a great place. Brisbane CBD 40 km, 7 min nearest township but very private – house and gardens are surrounded by bush: dry sclerophyll merging into melaleuca and tea tree near dam. We have organic veg plots and some young f/trees (fantastic paw-paws!). Soil is sandy loam. House is large, 8 yo, western red cedar 'old Queenslander', 8 ft verandahs nth and west, 4 b/r, 2 lounges, 2 bathrooms, 2 toilets, s/c/stove/water jacket. Three 4000 gal tanks, also shed, shadehouse and wildlife. Asking \$190,000 ONO. Ph: 075-477-517.

LARGE MUD BRICK on 50 ac, 3 b/r, octagon adobe, lge living/dining area, lge kitchen, exposed beam timber ceiling to 12 ft, cork floors, fully elec, septic, potbelly stove, 10,000 gal r/w/tanks, fully fenced, natural timbered block, lge c/port, school bus passes gate, 5 min Lake Wivenhoe, 15 min Fernvale, 30 min Ipswich, 70 min Brisbane. \$160,000. Ph: 07-343-2372

nights & weekends.

ATHERTONTABLELAND, Millaa/Ravenshoe area, house on dam, Lager Bend. One of 3 shares only in f/hold legally estab Body Corporate. Title includes 6 1/2 ac, 1 b/r cottage, abund water, estab lawns & f/trees, good access, grid power, common area of 190 ac mainly r/forest, bordering World Heritage area on 3 sides. \$110,000 ONO. Ph: Paul Foster, 070-972-452. EARTH COVERED HOME for summer and winter comfort without the costs. Comes with i/g pool, 3 b/r, 2 bathroom, bidet, modern kitchen, slate floors. Perfect nth exposure on 2.2 ha, ensures maximum solar energy. Appreciate the quiet with views galore west of Cooroy, Qld. Yours for \$350,000. Call Rudy Pipke, KGRE, 074-474-155, AH 074-470-384.

NOOSA HINTERLAND/SUNSHINE COAST, Nev Kane Real Estate, Cooroy. If you want to buy or sell in the Hinterland give us a call. All enq welcome. Contact Gwen Morton on 074-476-988, AH 074-854-291 or 015-130-432.

NOOSA HINTERLAND, 2.5 ac, 3 b/r house. Beautiful acreage on edge of Cooran Village, tree shaded dam, mature tropical gardens. Unequalled climate and lifestyle, only 30 min to Noosa Beach. \$129,000. Ph: 074-851-471.

SOUTH-WESTERN QUEENSLAND; brumbies, wallabies, birdwatching and wildflowers. Camp out under the stars, or in your little woodcutters' hut. Fish yellow belly and jew from your own perm waterhole, with freshly caught mussels. 7000 ac of selectively cleared forestry, that makes a perfect retreat for artists, wildlife watchers or explorers. \$70,000. Higrade Estates, TOOWOOMBA. Ph: 076-381-088, AH 076-938-534.

VICTORIA

LANDSBOROUGH, 3 ac, fenced, c/van, sheds. Neartown, 20 miles Stawell/Grampians. Trees, crk, own building plan. \$15,000 ONO. Ph: 03-583-7584 after 6pm.

IN BEAUTIFUL WARBURTON, in the mtns, 1 hr Melbourne. Characterful old home, restored, 1 1/4 ac, 3 b/r, lovely views & organic garden. Includes rentable bungalow. \$85,000, or swap rural/coastal house upper NI New Zealand. PO Box 443, WARBURTON 3799. Ph: 059-669-428.

QUIET VALLEY, 27 ac, bush, 10 min Beechworth. One ac landscaped, f/trees, vines, herbs. Uniquely charming 2 b/r craftsman built mud brick home, workshop & studio. SEC, woodstove & solar HW. Very comfortable. \$160,000 ONO. Ph: 057-281-113.

CRANBOURNE CENTRAL, 15 yr old solid brick home, 4 b/r, lounge, kitchen, dining rooms, bathroom plus partial en suite. Covered bbq area. Double drive and c/port. Walk to all schools, shops. Established garden. \$92,500. Ph: 059-964-094.

WEST GIPPSLAND, Mt Worth area, 20 min Warragul, 40 ac, 1/3 cleared. New driveway, 20 x 40 shed, power. \$85,000. Ph: 056-344-245.

Please print your ad clearly
so we can do likewise.

PROPERTY FOR SALE VICTORIA

AN ATTRACTIVE BLOCK, 5 ac, with picturesque views of Mt Macedon & surrounding area. Dam, driveway, post & rail fencing, horse shelter, power access, house foundations laid, house plans avail, forest opposite, excel access roads, 1 hr nth of Melbourne, Newham/Cobaw area. \$59,000 ONO. Ph: 054-271-731.

'KOALA PARK' 5 ac with quality 4 b/r b/v, 2 min from Monash Uni (Gippsland). Foothills seclusion very close big shopping centres & on main Melbourne railway line. Huge workshop, garage and sep 3 room unit. Circular bitumen driveway. Orchard organic fruit & nut trees, 2 ac koala reserve, balance garden and arboretum. Price \$162,000. Ph: 051-221-836, or 051-588-312.

MOYSTON, WESTERN VICTORIA, 20 ac, magnif Grampians views, new fencing, dam, SEC & building permit avail. Good pasture, ideal home site or hobby farm. Ph: 053-535-636.

RAMBLING OWNER-BUILT HOUSE near Violet Town, 2 hr Melbourne, 1/2 hr Shepparton. Built to cater for big parties, with up to 6 b/r and large living areas. Situated on 62 ac of secluded, undulating land, partly bush. Has huge dams with fish and yabbies. Also watertanks totalling 19,000 gal with big roof catchments. Has s/c/stove, HWS, gas stove, gas fridge, gas freezer, generator, solar panels, deep cycle batteries and 12V fluorescent lights. Big shed and estab gardens with good improved soil. \$150,000 ONO. Contact Andy or Joy Ringdal on 057-981-588.

SNAKE VALLEY, unfinished 2 storey, solid slate and shingle home. Picturesque 5 ac bush block, 2 dams & 32 x 20 x 10 steel shed. \$59,950. Ph: 09-317-2446.

GIPPSLANDEAST, 9 km Swifts Creek, school bus route, 29 ac. Half timbered. \$46,000. One and a quarter ac with nut trees \$18,000. Write: PO Box 57, Swifts Creek 3896. Ph: 051-594-317 AH. GIPPSLAND, BRIAGOLONG, mud brick 24 sq house, on 5 ac. Designer, owner-built, 2 1/2 km from town. SEC, 5 b/r, loft, sunroom, spa bath, patio, artistic features, leadlight. Tank water, dams, beautiful garden, spectacular mtn views, swimming pool. \$140,000 ONO. Ph: 051-455-558.

HARROW - PANORAMIC VIEWS towards the Grampians, overlooking historic town. Hill-top 10 ac (4 titles) \$55,000 ONO. Two rd frontages, 500 m to primary school, 3 b/r, w/b, partly renovated, new verandah/carport, SEC, town & tank water, ph avail. Needs handyman and TLC. Barn, sheds & stockyard, 2 dams. Will consider selling house on 4 ac. \$45,000 ONO. Ideal getaway. Details: 03-729-1833 AH. Or, C/- GT, PO Box 319, MOOROOLBARK 3138.

TASMANIA

NORTH-EAST TASMANIA, 35 ac, shack 30 x 30, rough but homely. Tank water, ph, woodheater, septic. No elec, 20 min drive popular holiday resort - swim, surf, beaches, good schools. \$48,000. Ph: 003-834-445.

BUSH SECLUSION within NE village. Delightful walk from village life to superbly sited,

GRASSIFIEDS

DEADLINES: GR 106 - OCTOBER 28TH
GR107 - DECEMBER 23RD

secluded 6 ac bush block; rich, varied ecology, lookouts over village, parkland, river valley, lake & mtns. Spectacular unspoilt views from kitchen/living room, both b/rs, even bathroom. Warm NE aspect above valley frosts, seas of morning mists. Organic fruit & vegies, landscape plantings, own abundant clean water supply. Tongue & grooved flooring, incl myrtle, throughout charming new, soundly built cottage, with deck, s/c/stove, septic tank. Stunning site, so secluded, yet within richly evolving historic village. Will send photos. \$54,000. Ph: 003-311-448.

NORTH-EAST TASMANIA, 20 ac block located near a sml village. Approx 10 ac semi-cleared crk flats and 10 ac of wooded hills. A perm crk meanders through the property. There is an excel rock & mud brick supply nearby which the purchaser could utilise free of charge. Priced at \$22,000 ONO. Contact Fred or Michelle any time on: 070-642-573.

COLLINSVALE: sml village 20 min from Hobart GPO - 2 b/r house, pine-lined, open plan living. Set on 2.5 ac with perm crk, magnif bush & mtn views. Cottage garden and some f/trees. Storage shed & 7 coloured sheep incl. \$90,000 ONO. Ph: 002-390-121.

SOUTH AUSTRALIA

FLINDERS RANGES, lge modern home plus sep studio with big views. The open planned home comprises 3 b/rs, en suite, family room with Maxi-heat fire, dining & lounge rooms, raked ceilings, overhead fans, pantry and a 60' x 10' verandah. The studio is 30' x 20', matches the house, is bright and airy with a vine covered trellis. It is connected to power, light, water & ph. There are 18 ac with 2 dams, native trees, an orchard, kitchen garden, sheep and cattle yards, ample shedding & stabling & 40' x 13' lock-up garage. The property is handy to craft and livestock markets, the facilities of Wilmington and Melrose, and Port Augusta is 30 min via Horricks Pass. Price \$155,000. Ph: 086-675-117. MURRAY BRIDGE 75 km NE, 1000 ac natural bush, holding approx 6000 tonnes firewood (Govt estimate). Abundant birds, plants & animals, some endangered species. Dwelling 472m², fully solar powered, 6 b/r (2 en suite), family (combustion heater), games, lounge, dining, kitchen, s/c/stove/HWS (with solar booster) and gas stove. Studio/bed with storeroom. Covered bbq, and entertainment area. Fully enclosed 1/4 olympic, heated, i/ground pool, sauna, 10m hydroponics tank, glass enclosed, approx 30 sow piggery. 120,000 lt r/water storage. High capacity tested bore with 25,000 lt storage. school bus and work nearby. \$160,000. Ph: John, 085-786-019 after 6 pm. OB FLAT, NEAR MT GAMBIER, 3 b/r limestone home, tiled roof, r/water 9500 gal. Handyman w/shop rear, double c/port front. Large w/shop - 9 x 11 x 3 m, 3 phase power, 30 ac volcanic soil. \$175,000. Ph: 087-268-329. Write: RG Pritchard, Box 976, Mt Gambier 5290.

COMMUNITIES

JELLYBEAN COTTAGE, 2 b/r, split level, solar power, gravity-feed dam water, drip irrigated f/trees, 10 km west of Nimbin. \$45,000. Lesley Strickland, 'Lillifield', LILLIAN ROCK 2474. Ph: 066-897-397, or 897-394.

KYOGLE, 1/2s share in 960 ac, 10 ac share, f/trees, spring water to all of share, gravel access & privacy. \$30,000. Ph: Tracey, 066-252-130 AH, 066-221-020 BH. PO Box 492, LISMORE 2480.

NAMBUCCA VALLEY, 1/12 share in 1200 ac property, 2 b/r house, s/c/stove + HWS, 12V power, gas fridge & stove & lge wood heater. Set amongst towering old growth giants & just a short stroll to perm crystal clear crk with swimming holes. Planted with an immense diversity of fruit, nuts & r/forest trees incl many rare species. Large nursery & propagating area, + many other features. Price \$55,000. Ph: 065-644-004 for further info.

KOOKABURRA PARKECO-VILLAGE, stage one sold out, second stage selling fast. F/hold title to your lot plus 360 ac owned in common. U/ground services. Community hall and village lot, 20 ac agricultural area, 2.5 km to town, schools, shops. Newsletter avail. For more info ph: 071-531-303, or write to: Lot 3 Kookaburra Park, M/S 368, GIN GIN 4671.

LILLIFIELD COMMUNITY. 330 ac beautiful forested land in hills b/w Lismore & Murwillumbah, 20 min from Nimbin and 1 hr from coast, council approved MO. The land is owned by an incorporated company but each member has shares giving entitlement to about 5 ac for private use. Members also share 120 ac common land and use of a tractor and other facilities. There are a few shares avail, mostly untouched sites. Price is from \$19,300. A Steiner school adjoins the property, a sml public school is 5 km away, with a bus at the property gate. Cats and dogs are not permitted. Please write: Lillifield, LILLIAN ROCK 2474, or ph: 066-897-394, or 897-397.

MT WARNING, NORTHERN NSW, a share with semi-complete cottage on estab community. Council approved multiple occupancy, 220 ac, with 14 approved shares. Pristine r/forest setting with clean perm crks, waterfalls, swimming holes and abund wildlife. Close to Uki Village and school, 40 min to Murwillumbah. Semi-complete, 2 storey, pole frame, owner-built cottage with ph connected. Gravity-fed water to homesite. Excellent growing aspects and some estab immature f/trees. Good all weather access. Surrounded by world heritage nat pks and state forest. \$45,000. Ph: Nigel, 066-882-290, 066-797-042, 07-391-7482. Or write to: Nigel, C/- PO, ROSEBANK 2480. TYALGUM, SIXTEEN ACRES of rich volcanic soil, 2 livable dwellings with beautiful gardens, solar power, gas & ph. Spring-fed dam stocked with fish and yabbies, f/trees, chook run, 5 min from shops, school, PO, 20 min for Murwillumbah, 40 min to coast. Company Title. \$85,000. Ph: 066-793-582.

**Make Your Editor Smile -
Punctuate!**

COMMUNITIES

RESIDENTIAL SHARES avail isolated 89,000 ac property, pure air & water. Opportunity to join community Cape York est 10 yrs. Land use includes protection and planting native timbers, seed banks, organic fruit & nuts, permaculture, creation natural regeneration sanctuary. Potential exists for families to develop wholesome, sustainable lifestyle in area of limited interference. Airstrip provides weekly mail, passenger service, flying doctor and school distance education facilities. People with strong commitment to global regeneration, conservation principles, ability to be self-reliant and genuine desire to participate in maintenance of community infrastructure will be most welcome. Contact: Mia, 070-392-641, or, The Secretary, Wattle Hills, PMB 51 CMC, CAIRNS 4870.

NEAR DORRIGO, 1/7 share on 44 ha. Council approved & harmonious multiple occupancy. Two storey, 3 b/r stone/timber cottage. Solar power, vegie garden, 2 storey studio/shed with spare room close to house. Rain and bore water, r/forest, borders river, lovely swimming hole. \$71,000. Ph: 066-536-834.

UKI, CLOSE TO MT WARNING. 1/11 share on estab council approved MO, 180 ac forest. Wood cottage, 2 b/r, kitchen, bathroom, lounge/dining area, verandah, c/port, solar power, gas hot water/fridge/stove, 2 dams, chook pen, livable shed. Extensive gardens, all weather access. Private NE aspect. No pets. \$65,000. Ph: 066-795-452.

CRYSTAL WATERS Permaculture Village, 1 ac, f/hold land and houses avail on this growing rural group title development, 500 ac off forested and arable common land for sustainable uses. Contact: K Spencer, 24 Crystal Waters, MS 16, MALENY 4552. Ph: 074-944-725.

BELLINGEN SHIRE, MO, 1 share in 20 on 600 ac, 2 1/2 ac site, nth facing with cabin, stunning views of Nymboida River, cascading crk, all weather access, community tractor, no cats. \$25,000 ONO. Ph: 074-965-185. Write: C/-Kneipp's, Plums Rd, BEUTHORPE via WOODFORD 4514.

KYOGLE, TEN ACRE SHARE in 960 ac community, furnished 2/3 b/r home, solar power (12V & 240), solar hot water, gas stove/fridge, s/c/stove, generator, perm spring, 2 pumps, 5 tanks, greenhouse, dble c/port, 2 sheds, fenced yard, f/trees, ph, CB, 2WD access, privacy, waterfalls, \$65,000. Ph: 075-432-315.

A UNIQUE OPPORTUNITY to share in creating a nature wildlife sanctuary with the option of living in a cat-free paradise. Shares at \$30,000 (1/2 shares \$15,000) are avail in this 500 ha NSW property sth of Coffs Harbour. Please contact John and Marina Burke on: 02-699-3958, or, 84A Henderson Rd, ALEXANDRIA 2015, Sydney, ASAP.

BELLINGER VALLEY, 1150 ac, 1/12 share in estab MO, own title, 5 ac homesite for personal use. Elevated site provides both secluded bush setting with an open, sunny nth aspect and views, 3 b/r home, bright and airy, elect (240V grid) hot water, Rayburn cooker, wood heater. Common land incl 900 ac wilderness adjoining New England Nat Pk; 200 ac cleared alluvial

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To avoid disappointment ensure your ad meets our deadline

flats support community projects incl lge vegie garden, citrus and nut trees, 2 ac kiwi fruit, horses and cattle. Personal projects are encouraged on community land. Abundant clean water from lge perm crk. Farm has NASAA and BFA certification. Collective farm equipment incl, 4WD tractor, slasher, mulcher, blade, deep ripper, ploughs, tynes, posthole digger, pumps, etc. School bus to Steiner, 10 km, and public schools, 5 km. \$125,000. Ph: 066-550-228.

FAR SOUTH COAST, NSW, 5 share MO in picturesque alternative minded village surrounded by nat pks, river valley, 35 min Merimbula/beaches. Daily bus to caring schools and larger townships. Dwellings/sites situated within stately forest have gravity water supplied from dams & crk and spring. A standing pole frame, views to Jingara Rock, is offered with plans/some materials for \$26,000. Another open plan mud brick by the crk has slow combustion stove, verandahs, fenced vegie & chook run. Requires little finishing for council certificate \$56,000. Together folk seeking tranquillity with companionship in a clean air and earth environment, suiting permaculture ideals, will be at home here. Ph: 066-841-971.

JACKEYS MARSH, near Deloraine, beautiful, comfortable, octagonal, stone studio. \$37,500, incl share in Wiitena community. Six months probation. Pure water, views, wildlife, adj Western Tiers, Central Plateau, avail December. Contact: Suellen Fuller, 066-461-392, or write: 23 The Crescent, ANGOURIE 2464. Half completed 4 room house also avail - \$8000.

BILLEN CLIFFS, between Kyogle-Lismore, beautiful near-new 3 level home, surrounding verandahs. Strata title, 2 1/2 ac, on 800 ac idyllic setting in God's country. \$110,000. Ph: 02-668-8579, 066-337-135.

FIVE ACRE, 1/16 share beside boulder strewn crk on council approved community bordering Nightcap Nat Pk and magnif r/forest, 11 km from Nimbin. Frost-free, deep rich soil, good balance forest/cleared. Permanent reticulated water. All weather access. Steel framed building on concrete slab 18x7m, just add walls to make house! Bus to Steiner and other schools. \$38,000. Ph: 066-897-419.

BUSH RETREAT inland from Cobargo, 1/7 share 100 ac, lge communal house, 3 dams, friendly kangaroos, river and crk frontage, mostly forest, \$17,000. Ph: 064-936-738.

NORTH COAST, 22 km sth Coffs Harbour, MO community, Bundagen, lge mud brick house with everything \$64,000. Ph: 066-534-601. Greg Ryan, C/- PO, REPTON 2454.

'YAMMACOONA' CO-OPERATIVE, 587 ac bordered by 2 rivers & state forest 30 min from Dorriggo, mostly forested with abund wildlife. Well estab co-op with warm, friendly people, co-op shed, tractor & other equip. Share includes 2 c/vans with sealed annexe b/w/een, part-built mud brick house with footings, bathroom slab & Besser blocks to continue. Northerly aspect with fertile soil, fenced garden area, garden

shed, 2x1000 gal water tanks. Also strip footings for studio, ph. \$25,000. Ph: 066-551-393.

NIMBIN SIX KILOMETRES, comfortable 2-3 house, studio 6x8m, adj nat pk, 12/240V, f/trees, 2 ac homesite, 1/36 share. \$78,000. Ph: 066-895-035.

BUSINESSES FOR SALE

GENERAL STORE, (approved) under construction. Rustic style, 2 b/r, bathroom etc, completion end October. Kyogle 15 min, school bus/mail to door. Five ac, crk, tranquil valley, brilliant views. Lifestyle & business: \$125,000 (some vendor finance avail). Ph: Gordon or Barbara, 066-331-283.

ALTERNATIVE ENERGY SHOP, NSW, nth coast. Solahart and BP Solar dealership plus heaters, stoves, bio-paints and more. Freehold premises, POA. Ph: 066-423-311, or 066-448-123.

TERANIA RAINFOREST NURSERY. Plant nursery specialising in Australian r/forest plants, estab for 18 yrs with Australia-wide regular customers. Booming business with plenty of scope for expansion and innovation. Ideologically-sound income with many tax concessions. Contact Nan or Hugh for more details. Ph: 066-896-204. Fax: 066-886-227.

PROPERTY WANTED

LOOKING FOR NORTH QLD property somewhere around Atherton Tableland. Prefer far from town, mtns, r/forest, perm water. Ph: 070-321-689. No agents please.

LOOKING FOR SA property from Kingston to MacDonnell, shedding or studio space, livable property. Please send photo of property. Can make good deposit but still need some vendor finance, 5 ac +, no Wimmera types. Will respond to all info. Contact: Terry, 018-581-695. GPO 5015Y, MELBOURNE 3000.

FOR RENT

PERSON(S) TO RENT long term, 1 yr old, 2 b/r cottage. Fully solar, secluded, 130 ac, ph, plenty water, school bus, 15 min to small town, 70 km west MARYBOROUGH Qld. \$80 p/w. Ph: 071-271-664.

TRUSTWORTHY, SHARING PERSON or couple required to occupy lge c/van on Hunter Valley bush block, in exchange for assistance or small rent, sharing house with 2 others, veg, n/s preferred. Ph: 049-382-036.

LONG-TERM LEASE, nth coast, 3 b/r timber home, mtn top, private, power, ph, gardens, views. \$110 pw. PO Box 286, MACKSVILLE 2447.

WRITER SEEKS 'MAN-ABOUT-THE-HOUSE' to share lge home on acreage NE Vic 150km Melbourne. Should be intelligent, educated, self-motivated, honest, stable, with some knowledge farming & self-suff, straight, clean-living, no vices. Seeking long-term permanence. To care for property, house, animals & daily chores. Eventual joint ownership possibility. Age flexible - old 35 to young 50. \$125 per week + costs & food. Genuine enq to: RMB 2081 via EUROA 3666 in writing, or fax details to: 057-903-328, or leave name & number on ph: 057-903-327.

WANTED TO RENT

WANTED TO RENT, 44 yr old pagan woman with chronic fatigue, looking for environmentally friendly and chemically free place or land to rent, Nimbin or Maleny areas, must be low rent. Ph: Susan, 066-740-873.

HOUSEWANTEDONACRES, long-term rental, caretaker, central coast area, prepared to maintain house and fences. Two GR people, 1 horse & kennelled dogs. Ph: Spencer, 043-771-261.

SISTERS WITH BROWN DOG would like to lease home on acre(s) to grow organic herbs. Prefer Uki/Stokers/Murwillumbah area. Free to move any time home avail. Please contact: Jeanette, PO Box 1107, GOSFORD SOUTH 2250. Ph: 043-435-293.

WANTED TO RENT, dwelling on property, nth NSW, near beach. Cheap rental in return for caretaking, odd jobs etc, for single, reliable, honest, hardworking woman. ASAP. Kazza, PO Box 51, ROSEBUD 3939. Or, ph: 059-811-075.

LOW COST HOUSE/COTTAGE on arable small acreage Innisfail/Atherton Tablelands district. Reliable GR couple. Write: G Arrowsmith, C/- PO, HERBERTON 4872.

WARRNAMBOOL AREA: Two women, two dogs & cat wanting house/cottage with acres within 30 km radius Warrnambool from Dec '94. Ph: 055-665-236 (h), 613-579 (w).

WANTED TO RENT: seeking a farmhouse/cottage to rent, from end Dec '94, in a 20 km radius of Coffs Harbour for transferred teacher (Louise), her partner (Stephen), and their dog (Ace). Excellent references avail. We're a happy lot and would make wonderful tenants! Ph: 069-723-908 AH.

WANTED

NATIVE PLANT MATERIALS. Wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Large quantities preferred. Good prices plus freight paid. Contact: Peter Hunt, PO Box 53, NORTHCOTE 3070. Ph: 03-482-2677.

WANTED, SINGLE PERSON to mind pets while I am away. Caravan would be an advantage. My place is on the Atherton Tablelands in a rural setting. Suit nature and animal lover. Ph: 070-965-695 AH.

HELP WANTED, PLANTING f/trees, gardens, horses, and building. Exchange for meals, accom, horse rides, fishing. We live very close to beautiful beaches. Write to: Lot 17, Weary Bay Rd, AYTON via COOKTOWN 4871.

ASSISTANT/ASSOCIATE DENTIST wanted. Mature, versatile, caring, lateral thinker for modern, holistic, prevention orientated practice. Three fully equipped surgeries. Relaxed lifestyle in naturally airconditioned Atherton Tablelands of lush tropical nth Qld. Ph: 070-965-445.

ACTIVIST SEEKS PARTNER/helper to start neem network in Australia and overseas. Write: Dryland Recl Project, PO Box 1166, CHARTERS TOWERS 4820.

CARETAKER WANTED, own accom free, children OK, children on property do distance education, 50 km west of Mittagong, person on

GRASSIFIEDS

DEADLINES: GR 106 - OCTOBER 28TH
GR107 - DECEMBER 23RD

pensions OK. We grow our own vegies. Horse knowledge would be an advantage. Ph: 048-889-239, or write: Brian Casburn, PO Box 1048, BOWRAL 2576.

WOODSTOVE TOP & PLATES for Crown No2. Urgent! Ph: 074-968-809. Write: Simon, 252 Bishop Rd, BEACHMERE 4510.

WANTED TO BUY - a wheat grass juicer. Please contact: Gerald Hughes, 14 Duneriale Crt, WATERFORD 6152.

CAN YOU HELP? I need the knitting pattern for slippers with lambswool soles. K. Hill, 11 Denver St, NORLANE 3214.

MISCELLANEOUS

COONOOON - GIBBER wood heaters. Will burn for days w/out going out and heat large areas. \$375 freight-free to your door. No assembly required. For more info: Dave, 14 Sixth Ave, CHELTENHAM 5014.

THE HOMEBUILT DYNAMO (construction plans). Brushless electric generator, 1000 watt DC at 740 RPM. A\$85 postpaid airmail from: Al Forbes, Box 3919-GR, AUCKLAND, New Zealand. Ph: 0011-649-818-8967 anytime. Philips Ferroxdure rotor magnets (3700 gauss) kit - now avail cut to size and magnetised.

CHIP HEATERS. No elec needed for instant hot water, operates from town or tank water supply. Enq: Ray Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph: 060-263-621.

THE WORLD'S BEST AUTOMATIC MOUSETRAP. No poison or bait needed, catch up to 20 mice each setting, rugged metal construction, simple to set by winding spring. Priced at \$45 + \$5 postage anywhere in Australia. RA Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph 060-263-621.

ESSENTIAL OILS - order by mail! Wide range of aromatherapy grade oils, in brilliant blue or amber (12ml) bottles. Use them for gifts, healing or pleasure, to scent a bath, enhance your mood, relax your partner. Write: Trusaire #6, PO Box 107, Forestville 2087, for free mail order catalogue. Ph: Cate or Stefan, 02-452-3105. SOUTHERN CROSS TIPIS, since 1975. Hand crafted from the heart. All sizes avail. Hand painted, authentic collectors' tipis, moon lodges, liners & lodge poles. Superior quality guaranteed. Ph: 074-740-817 seven days.

ORGANIC TEA TREE OIL - MAIL ORDER. Our 100% tea tree oil is an antiseptic oil, its application on bites, stings, cuts & abrasions are just a sample of its uses. Send SAE for more info, or \$6 (incl p&p) for a 25ml amber bottle of oil. Wholesale & bulk enq also welcome. BFA Certification & Government Registered product. Rainbow Spirit Organics, Kangaroo Creek Rd, KANGAROO CREEK 2460. Ph: 066-493-015.

FLOTATION TANK, tradesman built, timber & fibreglass, 8x5ft. \$1000 ONO. Ph: 044-743-224. HYDROPONIC EQUIPMENT: 20 NFT tables, total capacity 10,300 plants \$10,000; 2xHIP pumps, tanks, nutrient & PH controller

(dosetronic) \$2500; misc equip for sale. All 2 years old & in VGC. Call: 074-828-656.

HERBAL HEAT PACKS for the relief of pain, arthritis, backache, muscular pain, neck & shoulder tension, PMT for ladies. Ph: 071-532-489, mobile: 018-515-286.

INCENSE. Would you like to pay wholesale or half shop prices for very top quality? (\$23 min order for 20x10g packets). Shop/market enq welcome. Send long SAE for FREE sample to: Silverstone, PO Box 393, BELLINGEN 2454. POSTAL READINGS avail. Photo required, returned. For further info contact: Barbara, 08-262-4223.

CONDOMS (Ansell Bareback) Best on market. For lovers in love, ultra-sensitive, very intimate, almost like using nothing at all. Fast, reliable & dignified mail delivery of 24 condoms for \$24. Send cheque/money order to: Sacred Skins, PO Box 365, GOLDEN HILL 6333. We keep you informed about safe & sacred practices through our regular newsletter.

NATURAL SKIN CARE: Soaps, creams, salves, using Australian botanicals. Handmade scented candles. Resellers welcome. SAE to: Forest Edge, 242 Albert St, MARYBOROUGH 4650. CREEK POWER WATER TURBINES - design & manufacture of water driven energy systems, from 20 watts to over 20 kw, utilising heads from 1 metre upwards. Induction & brushless perm magnet units. Stainless steel cross flows, bronze peltons & turgo units avail. Living with & manufacturing both direct 240V & battery inverter, water driven energy systems for nearly a decade. Creek Power, Judd's Creek, JUDBURY 7109. Ph: 002-660-305.

ABORIGINAL DOLLS, Aboriginal dolls, traditional, with corroboree markings, spears & boomerangs, or modern Aboriginal bridal dolls, babies sitting up or sleeping in a coolamon dish. Dolls all vinyl, with an Aboriginal story. Sizes ranging from 12cm to 42cm. All Aboriginal company. Send four 45c stamps for catalogue & price list, to: Karda Products, 22 Regatta Drive, EDGEWATER 6027. ACN 009471283. Ph: 09-306-4519.

THOUSANDS WORLDWIDE use Vita Fons II, a healing energy carried in water, nutrient, lotion, massage oil, talc, which helps to direct consciousness into states of wellbeing., Ph: 03-555-1747.

EVENSTAR CREATIONS presents: The Books: *Natural Healing Skills for Well Being* - \$9.95 plus \$1.50 p&p. *Crystals for Transformation, Healing & Spiritual Growth* - description of 41 crystals & gems, ways to use for healing, the environment, planetary, activation & lightwork & merging with the light body - \$7.90 & 0.95c p&p. *Evenstar Mandalas Gateways to the Divine Self* - a set of twelve for \$23 plus \$1.50 p&p. *Activation of the Twelve Chakra System* - \$19.80 plus \$1.50. Order direct or send for free catalogue to: Evenstar Creations, PO Box 46, KIN KIN, 4571. Ph: 074-867-138. Wholesale enq welcome.

PLACING AN AD?
See page 68 for details

MISCELLANEOUS

FEELING LOW? Take pure Amazon rainforest GUARANA to feel better. GUARANA increases stamina, reduces appetite, eases stress & tension, eases headache, migraine & period pain. 20x500mg capsules (pocket pack) \$14.40, 60x500mg capsules (30 days pack) \$28.80, 50g tub (pure powder, 30 days+) \$19.10, 12 pieces Buzz Gum (chewing gum) \$2.60. LAPACHO another Amazon rainforest dietary supplement is extracted from the bark of the LAPACHO tree. LAPACHO assists in cleansing the body after illness. 60x50mg capsules (30 days pack) \$33.15. Postage and packing \$3.00 extra. Free packet Buzz Gum with orders over \$12. P&P \$3.00. Send money order/cheque (order sent when cleared) to: Better Health Products, PO Box 269, (Mallala Road), TWO WELLS, SA 5501. Ph: 085-202-377 (day or evening).

ALADDIN OIL LAMPS, a high quality mantle kerosene lamp giving 60 watts of white light, nonpressure type, no smell, smoke, noise or pumping. Ideal for people without power, blackouts, or if you would simply like a special lamp for the dining room table. Available in brass, glass and hanging lamps from \$89. We also have a range of other kerosene lamps including Duplex lamps from England from \$95 and brass and glass lamps from \$11. Glass shades, chimneys, wicks and parts are available for Aladdin and various other lamps. If you would like to view some of our lamps and catalogue please call into the Crispy Inn Bread Shop, 210 Brooklyn Rd, Brooklyn, NSW, open 7 days. We also do restoration and repairs, buy and sell second-hand lamps. If you would like a catalogue please send a business size SAE or contact: John Gannon, Aladdin Oil Lamps Australia, PO Box 65, BROOKLYN NSW 2083. Ph/fax: 02-985-9013 day/evening - 7 days a week. Bankcard facility avail.

HANDCRAFTS

CANDLES, WIDE VARIETY of long lasting, perfumed & insect repellent candles avail. Prices for trade or personal use on request. Mail today for price list: Candles, 1575 Portarlington Rd, DRYSDALE 3222. Ph: 052-531-315, fax: 052-562-417.

WIDDERSHINS original handmade jewellery. Wholesale price list now avail. Ideal for market stall holders, fashion shops, etc. PO Box 213, MOONTA 5558. Ph/fax: 088-253-453.

ESSENTIAL OILS, POT POURRI & natural products - for all aromatherapy & fragrant craft work. We are the manufacturers & suppliers of raw materials for making massage oils, soaps, cosmetics & household products. Our extensive range includes: 100% pure & natural essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, pottery & containers. Buy from us direct, small or bulk sizes & save with our low prices. Write for FREE mail order catalogue to: Auroma, 39 Melverton Drive, HALLAM 3803. Ph: 03-796-4833, fax: 03-796-4966. Visit our shop at 86 Burwood Rd, HAWTHORN 3122. Ph: 03-818-2676.

GRASSIFIEDS

To avoid disappointment ensure your ad meets our deadline

THREAD BUNDLES, stranded cotton in bundles of 100, 8m skeins in assorted colours, \$29 post-free in Aust. Bankcard, Mastercard, Visa, money orders & chqs. Excel buys for schools, weavers & needleworkers. Arty & Crafty, PO Box 40, DAW PARK 5041.

WEAVING LOOMS. Lightweight 20 cm (8 in) 4 shaft sample loom specially designed for students, advanced weavers. Fully assembled with 4 reels, 8, 10, 12, 15 dent, \$135 + postage/freight. Arty & Crafty, PO Box 40, DAW PARK 5041. Mastercard, Visa, Bankcard, cheques.

AAAAA/FRAGRANT CRAFT SUPPLIES direct from source - potpourris (botanical & gemstone), fragrances (inc similar to Chanel, Opium, etc.), botanicals (roses, lavender, orris, etc.), books, fragrant gifts, etc. We supply from beginner to chain store with great quality products at prices as low as \$14.40kg (potpourri), or visit our extensive, centrally located showroom/factory outlet ... Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-482-2677, fax: 03-481-1393.

RAINBOW CRYSTALS - Jewellery & window hangings. Specialising in lead crystals. Wholesale enquiries welcome. Send long SAE to: Crystals & Jewellery by Lorraine, RMB 2880, via MYRTLEFORD 3737. Ph: 057-535-268, mobile: 018-577-094.

CANDLE MAKING KIT, contains 3 kg wax, four dye disks, wicking, instruction leaflet & mould sufficient to make twelve 50mmx100mm candles. Great gifts & wonderful hobby. \$28 includes postage. Send to: Elizabeth Candles, 1575 Portarlington Rd, DRYSDALE 3222.

ARE YOU ALLERGY OR ECZEMA PRONE? Have super-sensitive skin? In a synthetic world discover the REAL benefits of Tasmanian leatherwood honey care - luxurious handmade organic skincare, Tasmania's FRESH alternative. Handmade with care & pride using only Tasmanian leatherwood beeswax, honey & biodynamic Australian oils, flower waters, pure essential oils etc. NO petrochemicals (sorbolene, synthetics, chemicals, colours, preservatives). Earth safe - affordable - effective. Send SAE for catalogue to: Tasmania's Fragrant Earth, 3/328 Murray St, HOBART 7000. Ph: 002-344-259.

WEAVING WOOL & acrylic cones, assorted colours (two tonnes) from \$2 each a kilo, any quantity. Ph: 052-418-461.

PURE NATURAL HANDMADE SOAPS. 36 varieties incl facial scrubs, herbal & floral blends, sandsoap etc. The soaps come attractively packaged and make ideal gifts. Order early to beat the Christmas rush! Wholesale enq welcome. Write for free brochure: Clare's Handmade Soaps, 12 Richardson St, GOODNA 4300.

RITUAL BOXES, supplying all tools for empowering one's life; love, inspiration, prosperity, healing, protection, emotions, crafted to traditional recipes & not of recycled material. \$30 incl postage. Write: Spellcrafts, No 6 Ibis Crt, BARWON HEADS 3227.

ATTENTION SPINNERS: 12 black sheep, two

years full wool, six lambs & ram. \$18 each, neg. Euroa area. Ph: 057-985-395.

INCENSE - Unique incense handmade in Australia using only pure ingredients; essential oils, Australian sandalwood, natural gums & resins. No chemicals, synthetic fragrances, cow dung, talc, soap etc. Send for info to: Ambriel Incense, PO Box 1191, MAROUBRA 2035. Ph: 02-344-9276. Wholesale enq welcome.

MAKE YOUR OWN EARRINGS KIT. Everything you need to make more than 30 pairs of earrings. Easy to follow instructions. Send for brochure or post \$49.90 plus \$4.95 postage & handling to: DL Quality Crafts, PO Box 418, MULLUMBIMBY 2482. Ph/fax: 066-841-772.

RAFFIA HATS: Don't leave it until the last minute. Start this summer's hat now. We have raffia hat kits or you can simply buy the materials and instruction book and take it from there. We also stock a range of natural craft supplies incl herbal soap kits, potpourri starter kits, plus a wide range of potpourris, botanicals, fixatives, fragrant oils, accessories etc. For your copy of our latest catalogue please send a business size SAE to: Moonlight Fragrant Supplies, PO Box 684R, MT WAVERLEY 3149.

BEADS, BEADS, BEADS! Unique selections handmade glass, metal & wooden beads. Also findings, threads & kits avail. Cost \$8. For samples, colour copy & info write to: Tsunami, PO Box 29, MARGARET RIVER 6285.

GALAXY DESIGNS, original handmade jewellery, each piece completely individual. Reasonable prices. Wholesale prices avail for markets, fashion shops etc or just a bright, beautiful piece(s) for yourself. Galaxy Designs, 25 Amphitheatre Circuit, BAULKHAM HILLS 2153.

HOMESPUN WOOL, 8 ply \$3 a skein. Ph: 054-951-575.

FOOD AND KITCHEN

POLLEN, NO ADDITIVES, 450g sample pack \$9, 1.9kg pack \$32.50, 4.7kg pack \$65, 14kg drum \$175. Prices include p&p. JM Read, 8 River St, MURRAY BRIDGE 5253.

HOME STONE FLOUR MILLS - mill your own stoneground wholemeal flour for cakes & bread with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-795-2725. Distributor enq welcome.

QUEENSLAND MAIL ORDER. Macadamia nuts - raw, roasted, chocolate coated, cosmetics and much more. For free product list write to: Nellie's Nuts, PO Box 18, GLASSHOUSE MOUNTAINS 4518.

GARDEN AND ORCHARD

TOBACCO SEED. Organically grown (Virginian), cultivation & curing notes incl. Send \$5 to Lyn O'Brien, C/- PO, BARMAN 3639.

COMPREHENSIVE CATALOGUE Australian Native Seeds. 1800 species. Price \$6 posted. Bliss Partnership, 'The Cedars', BUNDARRA 2359.

*Please print your ad clearly
so we can do likewise.*

GARDEN AND ORCHARD

EARTHWORMS for soil improvement. \$15/1000. Includes care instructions & postage Australia wide. Squworms Worm Farm (GR) The Gorge, FINCH HATTON, 4756. Ph: 079-583-359.

GOURDS fun and easy to grow for all ages. For books on growing, craft ideas, seeds or dry gourds, send 2 stamps to: Gourd Father Quality Gourd Products. Mail order service, 187 George St, EAST MAITLAND 2323.

EARTHWORMS. Landsborough Earthworms can supply any quantity anywhere. Full information provided regarding cost & care. Contact us at: 38 Maleny Rd, LANDSBOROUGH 4550, or ph: 074-941-512.

SEEDS OF UNUSUAL, useful Asian vegies, subtropical fruits, herbs, spices, fragrances, curiosities, cottage garden flowers suit hot weather. Open pollinated. Easy grow seeds. \$1 pkt, plants \$2.50 ea. Mail order only, no visitors please. For list send 3 stamps to Lorraine Blaney, Wallace Rd, BEACHMERE 4510.

EARTHWORMS, the 'speedy breeder compost worm' revolutionises your compost & transforms your garden. Just \$15 per 1000 worms. Price includes postage Aust wide & pamphlet on worm care. Wholesale prices \$40 per kg. Freight extra. Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633.

COMPANION PLANTING CHART. Over 90 vegetables, herbs & fruits, including plants as insect repellants. Sow When Chart. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$5 each + \$2.50 p&p (up to five copies). Plum Products (G) RMB 2907 BRUTHEN, 3885.

GOURD SEEDS, mixed ornamentals, mixed hardshells, mixed orn & hardshells, luffa sponge, calabash, snake bean, bottle medium, \$4.50 pkt minimum purchase \$9.00. Or 1 free \$4.50 pkt when you purchase 52 page *Gourd Growers Handbook* for \$16. Bulk pkts - 30 seeds \$10 ea. All prices include postage. Send your order to: Gourd Father Quality Gourd Products, PO Box 38/GR EAST MAITLAND 2323. Money back guarantee! Ph: 049-336-624.

GIANT VEGETABLE SEEDS. Atlantic Seeds have currently in stock giant pumpkin, squash, watermelon, cantaloupe, carrot, radish, plus many others. Send SAE to: PO Box 205, SEAFORD, 3198, for full price list. Ph/fax: 03-786-0337.

TREEGUARDS all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. International Reforestation Supplies, RMB 8600, BAIRNSDALE. Ph/fax: 051-579-404.

GROW YOUR OWN TOBACCO. Kit contains seeds & info incl how to grow & cure. \$20. Peter Gray, 59 Hinchinbrook Rd, BURRINGBAR 2483. Ph: 066-771-697.

SPRING SPECIAL!! 10% off all books in our free catalogue! Our modern Australian books help you garden with nature. Also natural fertilisers, organic pest controls & quality tools. Be ready for spring/summer. Ph: 051-271-051 or write to: Full Circle Organics, PO Box 146, MOE 3825 for our FREE mail order catalogue. 10% off all books ordered now till end Oct.

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DEADLINES: GR 106 - OCTOBER 28TH
GR107 - DECEMBER 23RD

HERBAL DISPLAY GARDEN and crafts. Get ready for spring with over 60 varieties of herb & cottage at \$2.50-\$4.50. We also sell herbal crafts, soap, incense, books, candles and gift baskets. We offer info sheets on garden lay-out & companion planting (SAE). WINTERCREEK Herbs and Craft, 166 High St, HEATHCOTE 3523. Ph: 054-333-555.

'NEW ORGANIC RESOURCE GUIDE' - Everything you need to know about everyone in the organic industry. A must for those with the first one. Order NORG and get a free copy of the first resource guide, \$6 posted.

'SEED PRODUCTION FOR THE HOME VEGETABLE GARDEN', A Barry, our best seller, great, for the new gardeners who want to save seeds, but are not sure how, \$4 posted. From: The Henry Doubleday Research Association, C/- Blue Gardens, 254 Yarramundi Lane, ANOES BANKS 2753.

FRUIT SPIRIT BOTANICAL GARDENS, 8 page, unique list of seed & plant material for more than 400 species of ethnobotanicals: fruits, nuts, bamboos, gingers, forestry etc. Grown on site. Send 4x45c stamps to: Fruit Spirit, DORROUGHBAY 2480.

COURSES

CORRESPONDENCE STUDIES. Diploma & certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin & Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety & Security Counselling, Personal Psychic Development, Traditional Wicca. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-319-6166 bus hrs only.

DOWSING, a definitive home-study course in radiesthesia, dowsing & radionics for those with enquiring minds! Rediscover the lost art of using natural radiations ecologically. Over 200 pages of comprehensive notes covering health, environmental & agricultural applications of this ancient art. The Academy of Natural Therapies, 23 Taree St, BURLEIGH HEADS 4220. Ph: 075-934-650. Phone or write for a free brochure.

MUD BRICK COURSES, weekend, intensive, theoretical/practical, \$130. Includes food. More info: Earthways, WOLLOMBI 2325.

MAKE FRIENDS WORLDWIDE - learn at home the international language ESPERANTO. Personal postal tuition from \$23, info free. John Moore, 7 Pelican St, EMU PARK Qld 4702.

HERBAL MEDICINE. The School of Herbal Medicine, estab in Australia in 1985, offers a one year home study course. For details, write to: PO Box 2310, TOOWOOMBA 4350.

HUNTER-NEWCASTLE PERMACULTURE. Courses at permaculture demonstration farm. Emphasis on practical use of permaculture

GRASS 75 ROOTS

tailored to individual situations. Property advisory services avail. Ph: June Anderson, 049-389-528, PO Box 22, PATERSON 2421.

LIVESTOCK

RARE OUTDOOR PIGS. Wessex Saddleback, weaners & breeding stock available. Contact E & H Clare, PO Box 546, CABOOLTURE 4510. Ph: 074-968-271.

TWELVE BLACK SHEEP, two years full wool, six lambs & ram. \$18 each, neg. EUROA area: 057-985-395.

PETS CARE - The natural alternative to conventional flea control problems. This carefully balanced vitamin and mineral supplement has been specifically designed to aid in the control of fleas and flea bite dermatitis. The healing properties of PETS CARE also improve general condition and strengthen the immune system. As no chemicals are involved, PETS CARE has no harmful side effects on animals or humans. PETS CARE works, as numerous testimonials from happy GR readers confirm, so don't poison your pet with conventional chemical treatments - send \$10.35 for a seven week supply of PETS CARE. Now also avail in a 400g size (11 week approx) for \$15.30 postage incl. Send to: Happy Pet Products, 717 Pipers Creek Rd, Dondingalong, KEMPSEY 2440, or for more info, ph or fax: 065-669-325.

HOLIDAYS

GETAWAY TO VICTORIA'S FIRST Eco-Solar Retreat. Peaceful secluded cosy cabin accom set amongst 6 ac of natural native gardens. Solar power & pure underground water. Kangaroos search for food amongst the adj olive plantation. Blue wrens, honeyeaters and many other birdlife at arm's length. Clean air, crystal clear skies and rosy sunsets await the seeker of a revitalised lifestyle. Enjoy the outdoors - fishing, bushwalking, or just sit on the timber railed verandah sipping a glass of wine, watching the blue wren feeding on the lush lawn. Private BBQ. Linen provided. Where is this secret hideaway? Whispering Pines Retreat, Little Desert Nat Pk via DIMBOOLA. Ph for brochure: 053-891-122/891-847.

NATURAL HEALTH rejuvenation haven. Situated in a quiet rural bushland setting in the foothills of the Border Ranges of ntnh NSW. Featuring: healthy lifestyle education, nutritional instruction, food preparation, vegan dishes, raw juice cleanse & detoxification programme, colonic therapy, steam baths, ensuited bedrooms, comfortable accom. The Retreat, GREVILLIA 2474. Ph: 066-364-275.

LA MANCHA HEALTH CENTRE, Lismore. For help with obesity, stress, chronic fatigue, smoking etc or have a healthy holiday. From \$390 pw. For brochures ph: 066-295-138.

BARRYRENIE CAMPING GROUND, Cowra, NSW, adj to Conimbla Nat Pk. Need a break? Escape to this quiet bushland setting, 42 ac of bliss, no overcrowding, basic facilities. Ph: Crystal, 063-429-239.

**Make Your Editor Smile -
Punctuate!**

HOLIDAYS

HOMESTAY ... **CRYSTAL WATERS** Permaculture Village, guided tours of the first community designed according to the principles of permaculture. K Spencer, 24 Crystal Waters, MS16 MALENY 4552. Ph: 074-944-725.

PERMACULTURE, dinner, bed & breakfast, knowledge & food at the Gravestien's farm - 3pm to 10 am. \$80 pp or \$150 p/couple, Booking essential, one month ahead. Practical experiences on site. Contact with SAE to: V Gravestien, RMB 1130, CHILTERN 3683, or ph: 057-261-596.

COSY RURAL S/C CABIN, adj state forest & organic farm, 17km off Pacific Highway, near Port Macquarie - sleeps 6. \$15/head per night. Kids 1/2. \$20 per head/night holiday season. Unique, unusual. Ph: 065-567-691.

SERVICES OFFERED

THE PRIMAL PLACE. The transpersonal perspective holds that there is an essential unity underlying the diversity of humanity & the material world. The transpersonal vision is one in which compassion, love & responsibility are experienced for all forms of consciousness, & a global ecological vision of all life. The transpersonal experience enables us to contact & integrate aspects of ourselves & discover whatever dormant ability & potential that is unique to you but have lost touch with. Rediscovering those lost aspects of ourselves that continually intrude & spoil our enjoyment, pleasure & success of our own lives can bring about a profound & deeply meaningful state of 'being'. A new sensory awareness. A new consciousness. There is another way to 'be'. Those repressed aspects of ourselves inordinately effect us all of our adult lives & are expressed in other ways; discontentment, depression, anxiety, fear, nervous habits, isolation, loneliness, obsessional work & projects, use of drugs, aggression, anger, sexual dysfunction, inability to assert oneself, inability to relax and feel real pleasure. And in our r/ships. They also show themselves in a multiplicity of chronic psychosomatic complaints. We can be in a constant search, always in the wrong place. The transpersonal dynamic experience enables us to find the realms of the human unconscious to the gateway of personal transformation. Sooner or later we each must face ourselves honestly. Who we are. Where we came from. To what are we travelling towards. The Primal Place, 44 Cumow St, GOLDENSQUARE 3555. Ph: 054-413-683.

ASTROLOGICAL FERTILITY CHARTS. Find out your monthly period of maximum fertility. Three years personal calendar (lunar-phase cycle). For more info: Astrobe Charts Service, PO Box 1262, COFFS HARBOUR 2450. Ph: 066-534-676.

ASTRO-MAPPING. Order your personal Astro-mapping kit and find out the best geographical places for love, success, happiness & relocation. Send name, address, date, time & place of birth + \$50 to Astrobe, Box 1262, COFFS HARBOUR, to receive maps & info booklet. For more info call: 066-534-676.

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To avoid disappointment ensure your ad meets our deadline

HUMAN DESIGN ANALYST. Where are you heading? Who were you in previous lives? It helps to know. Cost \$40. For more info write: Butterfly Typing, PO Box 334, EDGE HILL, 4870, with your time-place-date of birth + sample of handwriting. Efficient, personal service. Fax: 070-322-008.

HOMEPLANS. 95 plans for handcrafted homes of mud brick, rammed earth, stone & pole frame construction. Mail \$58 (incl postage) for *The Earth Builders Construction Detail & Plan Catalogue* to: John Barton, Building Designer, 31 Sharp Street, NEWTOWN, Geelong 3220, or ph: 052-224-249 for fixed quote to draw/document your home plan.

PHOTOGRAPHS PHOTOGRAPHS PHOTOGRAPHS

Old Photographs Copied

Prices start at \$1.95 per photo postcard size print, plus postage. Discounts available - the more photos copied the cheaper the price. New negative supplied with each photo copied. Send SAE for complete price list to: Herman Odijk, Herman's Photographic Services, PO Box 112, MOUNT MORGAN 4714. Ph/fax: 079-382-162.

VACCINATION AWARENESS & INFORMATION SERVICE offers concerned parents the full story on immunisation. Send small donation to: VAIS, PO Box 9086, MANLY WEST 4179, covering photocopy & postage.

ALLERGY TESTING, 150 items tested using your hair sample. Send name, address, phone number, sample and \$70 to: Maureen Harmony, naturopath, The Centre of Healing Therapies, 203 Brisbane St, DUBBO 2830. Ph: 068-820-211.

FREE, WITHOUT OBLIGATION, an individually prepared 30 day bio-rhythm chart for your personal evaluation. When you send for details of the complete range of bio-rhythm charts and personality analysis plans avail. Relate the way you feel to the flow of your life energy rhythms. Just send your birth date and an SAE to: John Roberts, PO Box 295, MANJIMUP, WA 6258. Ph: 097-771-020.

OPPORTUNITIES

NATURAL DEODORANT CRYSTAL. Wanted: market sellers or people who want to add another line to their existing business. It is a high consumer item & little cost to set up. All info please write to: The Body Crystal, PO Box 1168, STAFFORD 4053. Ph: 07-264-6296.

MULTI NATIONAL ENTERPRISE expanding into Australia, world leader in environmental cleaning technology. Multi environmental award winning, first class, high turnover products. Build your own business with environmental sound cleaning & natural skin care products. Exceptionally positive customer feedback. Sold now with great success in over 47 countries. Free training. Regional distributorships now available. Ha-Ra Australia P/L, PO Box 1110, FRANKSTON 3199.

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Ph: 03-776-9002, fax: 03-776-8331.

NEW! OUTRIGGER FISHING CANOES for \$100? U-build, u-sell. Learn how. It's fun, fitness and profit. Amazing new designs, fishing, sailing, building methods. For info send stamp to: Canoworld, PO Box 466, MERMAID BEACH 4218.

VEGETARIAN n/s, weaver, cheese, organic herbs, garden, have caravan for single or couple to live. \$20 week for help on acre edge desert. Write: J Theodora, C/- PO, LYNDRHURST 5731.

FREE ACCOMMODATION with area for own veggie garden for reliable couple or person, own income essen. S/smoker, n/drinker. In return for helping maintain 80 ha property near Beaudesert. Gardening/farming experience essen. Write: Caretaker Position, PO RATHDOWNEY 4287.

MAKE GOOD PROFITS distributing rosehip oil to your local shops & sell direct. Natural skincare product reduces & fades skin blemishes, scars, burns, pigmentation, spots & ageing lines, superb moisturiser. Send \$10 for sample, research info, testimonial & photograph to: Primal Products, 22 Knox Pl, NORMANHURST 2076. Ph: 02-487-4016.

OPPORTUNITY TO LIVE & share in running the best kept secret of plantation farming. Initial input needed - body power, hands on skills. Need to be active in building, horticulture, engineering, apiary, machinery, economics. Hard work. Open to all aspects of co-operation, particularly with tree planting. Further info & meeting time write to: Fibres, PO Box 1086, UPWEY 3158. Encl SAE with phone contact.

SURVIVING 2000 BUSINESS PLAN. Organically grown, synergistically balanced food supplement. Very profitable home-based venture, only \$20 per month, no selling. Free report. Write: Garth Leippi, PO Box 77, CAIRNS 4870.

FREE USE OF 50 ac in return for caretaking dry area, bore water most of year. Nondrinker, n/s, no dogs or cats. Write: John McKenzie, Box 2, CHARTERS TOWERS, 4820.

PERFECT HOME BUSINESS! High income potential without inventory, selling or paperwork. FREE info. DM Walsh (Dept G), Box 219, NUNAWADING 3131.

COLO RIVER, 90 min Sydney, 33 ac, sandy river beach. Small tourist/outdoor adventure business just getting estab. Require 1 or 2 people (no children) to caretake/manage. Very comfortable accom (share with 1 working woman at weekends). Prefer keen gardener/animal lover. Rent neg in return for work. Potential income/profit share from tourist business or plenty of arable land for farming venture. Ring: Jenny, 045-659-241 (weekends), 02-818-5731 (weeknights).

CARAVAN ACCOMMODATION on beautiful 160 ac property west of Bundaberg. Power & water avail. Rent neg in exchange for gardening etc, up to 8 hrs per week. Share property with vegetarian couple. Prefer single person or parent & child. Ph: 071-572-736.

PLACING AN AD?
See page 68 for details

OPPORTUNITIES

RESTAURANT OR CRAFT BUSINESS – Coonabarabran. We (Skywatch Observatory Pty Ltd) have just opened a new tourist attraction on the road to Warrumbungle Nat Pk and Siding Spring Observatory which together attract over 50,000 visitors annually. The main feature of our development is a public observatory (the professional observatories are closed to the public at night) and associated science-based activities, housed in a lovely mud brick building. We aim to attract school and tour groups as well as the general public – we will be open 2pm – 10pm daily. We also have approval from Council to incl a cafe/restaurant and a number of craft activities in the development – pottery, opal cutting, blacksmithing, painting, leatherwork, wood-turning, etc. If you are a chef or have a craft, would like to run your own business for whatever hrs suit you and would like to move to a lovely little country town, you may care to phone Max Mapleson on 088-422-425. Please note that there are GR – type people in the area and that there are small acreages for sale adjoining our site.

MITTAGUNDI OUTDOOR EDUCATION CENTRE, seeking '95 staff. Leaders to run 9 & 5 day courses + ongoing running of small farm. Skills in any following areas desirable: animal husbandry, vegie gardening, permaculture, outdoor activities, joinery, forge work & catering. Beginning Jan '95, volunteer's wage, board & keep. Send CV to: Kasande Taylor & James Findley, Mittagundi, OMEO 3938, before 15th Oct '94.

CLUBS

AUSTRALIAN HERB SOCIETY. Members receive quarterly magazine, seed from seed bank free, access to tape lending library, write: the Secretary, PO Box 110, MAPLETON 4560.

NATIONAL ALLERGY ASSOCIATION of Australia (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

AFFILIATED DONKEY SOCIETIES OF AUSTRALIA. For info on membership, magazines & help avail write to: Mrs Pam Newton, PO Box 63, HURSTBRIDGE Vic 3099, and you will be contacted by the representative in your state.

CALENDAR EVENTS

STEINER EDUCATION IN TOWNSVILLE? Interested in alternative education in this area? Come along to an open night at 7 pm on Wednesday, Oct 19 at Luvit Pancakes, 205 Flinders St East, or call Jo Ann on 077-713-622.

GLENFIELD FARM (1810) OPEN DAY Oct 16 '94: house tours, stalls, garden display, herb nursery, pony rides. Also to commemorate the 20th anniversary of the passing of Jim Freeland Leacock. Leacocks Lane, CASULA. Ph: 02-602-8095.

DR BOB RICH'S ex-mudbrick students invited to a get-together at Moora Moora, 28th Jan '95. For all enq send an SAE to Dr Bob Rich, Moora Moora Co-operative, PO Box 214, HEALSVILLE 3777.

ORGANIC PERMACULTURE KNOW HOW educational day will be held on Saturday 29th

GRASSIFIEDS

DEADLINES: GR 106 – OCTOBER 28TH
GR107 – DECEMBER 23RD

Oct, '94. The location is 'Wisdom Gardens', 36 Mountview Ave, Hazelbrook, BLUE MOUNTAINS – between Springwood and Katoomba. All enq write with SAE to: Organic Growers Assoc (NSW), PO Box BRINGELLY 2171.

HEAVY HORSE FIELD DAY, Nov 13th '94 on a 400 ac mixed farm – Highgate Clydesdale Stud, Shackell Rd, NANNELLA (10 min drive sth of Echuca). Where you can gain an insight into what heavy horses did in the past, are doing in the present & could do in the future. For further info ph: Doug Watson, 054-849-251.

PERMAEVENT '94, Permaculture information field day. Priory Lane, BEECHWORTH, Saturday Nov 19th, from 10am to 10pm. Activities, displays & exhibitions. Enq Ph: 057-282-807.

HANDMADE HOME. A tribute to 200 yrs of owner building and its part in the fascinating story of everyday life. Sunday 30th Oct '94, Montsalvat, Hillcrest Ave, ELTHAM 3095 (Melway Ref 22 A9) 9.30am - 5pm. Enq ph: Brian Watson, 057-861-436.

ANNUAL FOOD, WINE & BUSH MARKET DAY at the Euroa Woolshed on Sunday, 27th Nov, 11-5. Enq to: Box 179, EUROA 3666, or ph: 057-953-466 before 1st Nov.

BEGINNING IN DEC '94, people from all over the world will walk together from Auschwitz, Poland to Hiroshima, Japan, arriving there in Aug '95. This international, interfaith journey will commemorate the 50th anniversary of the end of World War II, and is a pilgrimage for peace & life. A four-day convocation at Auschwitz will inaugurate the walk. Everyone is welcome to join for all or part of the pilgrimage. For more information contact: Brother G Kato/Sister Clare Carter, Peace Pagoda, 100 Cave Hill Rd, LEVERETT, Ma, 01054 USA. Ph: 413-367-2202. Fax: 413-367-9369.

VICTORIA'S FIRST OFF-ROAD Outdoor Action Show. 25/26/27 Nov '94. Held on 70 ac of natural surroundings on the banks of the Goulburn River in Seymour. Aimed at involving the 'outdoor enthusiast' there will be action-orientated displays of off-road vehicles, recreational equipment & outdoor activities. Contacts: Frank Graham, ph: 057-991-211. Bill Manallack, ph: 03-826-6122.

CLIFTON CREEK PRIMARY SCHOOL'S 6th annual owner/builder open day is on 23rd Oct '94, 10am – 5pm. \$20 per car. Starting point Clifton Creek Primary School, 20km NW of Bairnsdale, following signs from the Omeo Highway & Deptford intersection. A variety of homes will be open incl mud brick, stone, solar, logs, gardens, building demonstrations, bbq lunches & refreshments will be avail – also national award winning 'Secret Garden' open at the school. A great day out for all! Enq: Maree – 051-579-216, Robyn – 051-579-388.

MUD BRICK HOUSE TOUR: Somers Primary School presents its 1994 tour featuring six of the best mud brick homes on the Peninsula. From cosy cottages to gracious homesteads, each home is unique in style & setting. Demon-

strations of mud brick making, laying & rendering will be held. Other building related experts will also be present providing invaluable advice. Light lunches and refreshments avail. Arrive at Somers Primary School between 10am & 1pm for your House Tour Booklet & visit the homes at your leisure. All homes will close at 4pm. Adults \$7.50, children – no charge. Ph: 059-835-546.

PUBLICATIONS

'ALTERNATIVE PLANS & PRODUCTS', 6th ed catalogue 1994. The 6th edition of this popular catalogue is now avail. The catalogue contains a comprehensive listing of books, booklets, plans & infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing plans, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle construction plans, growing plants for profit, solar powered water pumps, water purification, biological building, chemical hazards, earth energy fields & geopathic stress, infrasound, vivaxus bands. Other titles include steam engine generator construction plans, methane gas generator plans, electric vehicle conversion plans for conventional cars, fuel cell construction, solar ovens & water heater plans, solar furnace, vortex tube heat & cold generator plans, free energy machines & magnetic engines & generators, composting toilets, specialised house construction methods. Remote home power installation & comprehensive water desalination methods, polywater & the coanda effect & many other recent developments are covered with this edition. *Prosperity From a Pittance or How to Live on Less Than \$30 a Week*, is an eye-opener with many clever ideas for a sustainable, ecologically balanced future! For *The Alternative Plans Catalogue* send \$5 to: Alternative Plans, PO Box 487, ASHGROVE 4060, or 33 Woodview St, SAMFORD 4520.

GUIDE TO THE REAL Bible truth. Why we have so much pain in the world. (Would a perfect God punish the innocent?) God's true intention for us. Why self-sufficiency & communal living are biblical concepts. Keys to 666, the beast & the seal. For free copy ph: 063-677-350, or write to Godfrey Austin, 29 Obley St, CUMNOCK 2867.

'AUSTRALIAN TOBACCO'. How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$12 (postage included) to: Lyn O'Brien, C/- PO, BARMAN 3639.

'TEXTILE FIBRE FORUM' covers all the textile arts in Australia/NZ/internationally. A high quality 62 page colour magazine. Send 3 x 45c stamps to cover p&p & you'll receive a FREE SAMPLE COPY, no obligation. Or, subscribe for \$18/yr (\$35/2 yrs); 3 issues per year. Cheques payable to TAFTA (PO Box 38, THE GAP 4061). A truly exciting publication; bring it into your life today!

*Please print your ad clearly
so we can do likewise.*

PUBLICATIONS

'AUSTRALASIAN HEALTH & HEALING'. Journal of alternative medicine. Australia's major health care quarterly, emphasising self-healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, \$4.95 ea, & by subscription, \$23.40 or \$29.90 with *Health & Healing Newsletter* per 4 issues (1 yr). Write: Australasian Health & Healing, 29 Terrace St, KINGSCLIFF 2487.

'SEPTIC TANKS' *How to Install, Build & Maintain an Existing One*, easy-steps booklet. Don't desludge, treat the cause not the effect. \$20. H G Stephens, C/- PO Box 18, EAST MELBOURNE VIC 3002. Ph: 03-510-3192, 066-49-2704.

'NEXUS NEW TIMES' magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$25 pa. Nexus New Times, C/- PO, MAPLETON 4560.

'NIMBIN NEWS' is a co-operatively run access magazine with articles & info from Nimbin & other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bio-region is at the forefront in the development of sustainable systems. As networkers we scan many magazines for suitable & scarce info for our readers. Subscription: 12 editions for \$25. Sample copy \$2.50. PO Box 209, NIMBIN 2480.

'LIFEWISE', the independent Australian journal for natural health practitioners. Informative quarterly updates on activities & trends in natural healing, connections with conventional medicine, product news & book reviews. Subscriptions \$24 one year, \$48 two years. Send to: Research Publications, 27A Boronia Rd, VERMONT 3133. Ph/fax: 03-873-1450.

'GROWING', Australia's national magazine for gardeners & farmers

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without the use of... subscription only. \$18 per annum. PO BOX 100, ULVERSTONE 7315.

'THE OWNER BUILDER MAGAZINE'. Want to be a successful owner builder? *The Owner Builder* magazine has plans, money saving ideas, advice & articles on successful owner builders. *The Owner Builder* magazine is available from newsagents or by subscription. \$24 for 6 issues. For more info write PO Box 974, BENDIGO 3550.

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DENISE LINN - acknowledged best-selling female motivator speaker has 7 new double cassettes avail at \$29.95 ea in the following areas: 1 - Past Lives and Beyond; 2 - Life Force; 3 - Journeys into Past Lives; 4 - The Way of the Drum; 5 - Weight Loss & Cellulite Reduction; 6 - Cellular Regeneration - How to Heal; and 7 - Complete Relaxation. Phone your order on 008 (free call) 817-609 (have your credit card handy). Or write to: Sound Reading, enclosing cheque (plus \$2 p&p each title), PMB 14, SINGLETON 2330.

'CYBLIS - THE LEGEND OF TIME' A fantastic inspirational poetic love story drama that not only will inspire your own life but will uplift your hearts. You will understand the reality of true love and comprehend its meaning through pure delight as the dance unfolds the celestial magic of love. For your copy of *Cyblis* please send \$14 plus \$3.50 p&p (NZ \$5.50) to Lauyan's International Enterprise, PO Box 696, BAULKHAM HILLS 2153. Ph: 02-890-2789. OUTSTANDING NEW BOOK, *Kie Daudai Notes and Sketches from Cape York* Mail Orders \$17. For more info write: Edwina Toohey, PO RAVENSHOE 4872.

'WATER FOR EVERY FARM' new edition of PA Yeoman's classic book on water, irrigation and farming is out now. \$35 posted from: Megalong Books, 183 The Mall, LEURA 2780.

HOME SCHOOLERS, creative high school teachers, *Birth of Venus*, a teacher/parent manual by Alan Whitehead on high school visual arts, year 8 to 12, with a Steiner/spiritual basis. Send \$10 to: Golden Beetle Books, Box 481, MULLUMBIMBY 2482, or write for titles list.

'THE LITTLE PIGS COOKBOOK'. More than 140 healthy vegetarian recipes you & your kids will love. Send \$25 (incl postage) to: Ross Parks, 4 Linda St, COBURG 3058.

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BOOKS-SPECIALISING IN ALTERNATIVE TITLES, Gumleaf Distributors. For a free catalogue & newsletter send your name & address to: Gumleaf Distributors, PO Box 2960, MT GAMBIER SA 5290.

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'EARTH GARDEN' COLLECTION. Nos 5, 9, 14, 15, 16, 19, 20, 24, 31, 36, 60 to 62, 66, 67 to 70, 73, 77, 80, 87 (22 copies).

1 x copy of *Basics*; 6 x copy of *Goat Keeper*; 1 x copy of *Australian Goat Keeper*; 2 x copy of *Australian Poultry*. \$200 the lot. Jan, PO Box 252, APOLLO BAY 3233. Ph: 052-370-220.

'MAKING MONEY TO LIVE ON': *A Step-by-Step Guide to Starting Your Own Profitable, Income Producing Business* by Herman Odijk, BA(UNE), GradDipTax(CQU), 186p. ISBN 0646201387. Herman's latest & fourth book. Based on business & taxation courses he has taught through Adult Education & SkillShare programmes. Designed for people who have great ideas but who have little or no money or knowledge of business & its financial/taxation & legal aspects, but who want to set up & operate their own business. Includes many models, businessplan & accounting examples, addresses, contacts, questionnaires etc. (Herman also writes regularly for *Grass Roots*.) Price \$24.95, incl postage. Payment with order please, to: Struck Oil Management Services, PO Box 112, MOUNT MORGAN, 4714. Ph and fax: 079-382-162.

BOOKS BY MAIL, mud brick, solar, wind, water & bio-energy, pumps, dams & other low technology manuals. Free catalogue from: 29 Chandos St, ASHFIELD, Sydney; or 16 Bay Rd, WAIHEKE ISLAND, NZ.

HYDRAULIC RAM PUMPS. Build your own for less than \$100. For detailed manual send \$25 to: 16 Bay Rd, WAIHEKE ISLAND, NZ, or \$20 Aust to: 29 Chandos St, ASHFIELD, Sydney; or send for free info.

FOR SALE, BACK ISSUES *Grass Roots*, *Early Years* plus issues 6 to 104 in folders, postage incl. \$250. Ph: 063-675-373.

PLACING AN AD?
See page 68 for details

CONTACTS

PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

NEW SOUTH WALES

MALE, FORTY-FIVE, no ties, n/s, incl animals, country living, self-suff, organic garden, interested country music. Would like to live a simple life perfect harmony with nature and bush and quiet lady. Ray (GR 105), C/- PO Box 242, EUROA 3666.

VIRGO GENT, 40 yo, n/s, s/d, tertiary ed'n, single, seeks lady to 35. Companion, view to marriage, for GR lifestyle, in Tamworth to upper Hunter. Should love animals, herbs and rural lifestyle. Sense of humour, Christian, intelligent, attractive and yourself, no drugs. Photo appreciated. Dave (GR 105), C/- PO Box 242, EUROA 3666.

STILL VERY ACTIVE 59, fit, capable, practical, artistic sometimes, can cook, dance almost. Love my small farm and simple home, classic music, motorcycle touring. Financially secure, safe job. Seeking country loving lady who likes animals, gardening. Someone I can come home to. George (GR 105), C/- PO Box 242, EUROA 3666.

HEALTH CONSCIOUS VEGETARIAN male, 25 yo, seeking female who shares my mentality by not smoking or drinking. If you don't usually answer ads, make this an exception as I don't usually write ads. Having a German background I enjoy the occasional movie on SBS, but spend most of my time in the country where I hope to stay eventually. Although I have a secure income, I like to apply my practical skills by repairing cars, TVs etc. If you are interested in a trustworthy, animal-loving companion, please write to: Jens, PO Box 835, BELCONNEN, ACT 2616.

MALE, 36, seeks female companion. I smoke, enjoy occasional drink, bbqs, bush & bonzai, fishing & general outdoor stuff. Am presently building mud brick house. Genuine with sense of humour, nonreligious. Please send photo with reply to: Mick Cross, TOMERONG 2540. **NORTHERN NSW SINGLES GROUP**. Programmed activities, companionship. Can anyone please advise me if such a group exists or are you interested in joining with me in forming our own group? Paul, PO Box 2, RAPPVILLE 2469. Ph: 066-667-910.

DESERT/BEACH/TREE loving woman, 54, divorcee, seeks male mate who relates to natural environment. I am looking to active retirement on an arid zone bush acreage or a beach, in 1996 or thereabouts. Probably in western Qld, but wherever, *not* in an environment on cotton, irrigation or river pollution as has oc-

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If you doubt the wisdom of replying to any ad - trust your intuition.

curred on the Darling. I am a generous carer, though have no children, a good worker, socially adept, good intellect, good physique, former athlete. Skills incl: administration, history, community work, writing, teaching and stimulating others to progress and open up. Interests incl: the wonders of the Australian environment, music, propagation of native species, keeping the physique good. If intimacy develops, you will most likely be a good communicator or willing to learn, a negotiator, a warm lover prepared to take emotional risks, and an active person in thought and deed. You would probably be able to tell acacias from other species. Modest (and I mean modest) assets to match mine would make things easier, but mutual values and the willingness to apply skills to express these, are more important. I rejoice in male/female joy, and hope you are out there. If not, c'est la vie. Natural (GR105), C/- PO Box 242, EUROA 3666.

A LONELY 73 yo widow, caring, affectionate, very active & interested in home life, gardening, car travel & country life, would like to hear from males around same age for lasting friendship. Write: Wilga (GR 105), C/- PO Box 242, EUROA 3666.

CENTRAL WEST, SINGLE MALE, 44, pensioner, quiet & easy-going, n/s, s/d. Looking for slim lady, any nationality. PM (GR 105), C/- PO Box 242, EUROA 3666.

LIVING IN THE BUSH near Bega, lesbian, 37, living in a mud brick house, which I built. I work part time, plant trees, extensions, dream. I need company, laughs and fun. Five km from sealed rd, my road is rough but OK. Reply: Michelle (GR 105), C/- PO Box 242, EUROA 3666.

CARING THIRTY-THREE yo male, wishes to develop a friendship/r/ship with someone who is interested in the GR lifestyle and/or wholistic natural therapies (yoga, meditation, naturopathy, homeopathy etc). I am a vegetarian n/s/d, 5th yr medical student and the most important things in life are to be loving & warm to all beings. If you have similar interests or views (age & photos are not important), please write to: Michael (GR 105), C/- PO Box 242, EUROA 3666.

DIVORCED MALE, late 50s, own home on acres central coast, no ties, s/d, n/s, 5'8". Interested in small farm life, horses, cattle, music, touring. Would like to meet an honest, caring, home loving, presentable lady to 50 to share my interests and affections with. Sincere ad. Kevin, (GR 105), C/- PO Box 242, EUROA 3666.

I'M THIRTY-FOUR, good build, 5'10", outgoing and healthy, n/s & n/d, looking for healthy Australian lady to 40, for fun friendship & perm r/ship. My interests incl: country life, New Age, current affairs and friendship. HS (GR 105), C/- PO Box 242, EUROA 3666.

ACTIVE, SLIM LADY, 50s, Dutch origin, good home maker, loves nature & animals. Would like to hear from honest gent to 65.

Reply to: Hilde (GR 105), C/- PO Box 242, EUROA 3666.

WANTED, LOVING COMPANION, influence for 10 yr son. Ambitious, motivated, determined, into adventure, environment, family life, happy lifestyle. Libran female, 9¹/₂ st, 5'4", pretty. Tell about yourself, ask questions, photo if possible. J Wright, C/- PO, EAST GRESFORD 2311.

SPIRITUALLY CENTRED, FINANCIALLY SECURE male, who is learning how to be in the world and not of it. If the world is my classroom, people must be my lessons. I enjoy walking, running, yoga, reading, building houses, sunsets, warm rain, tropical islands, swimming, laughing, playing and dancing my spirit to the Afro-Latin American beat, eating and growing organic food. I love to wear silk, cotton, wool, and cashmeres with lots of holes in them. Non-smoker, n/d. Trying not to judge, to live in the present and drop expectations. Sounds almost too good to be true, oh yes, I'm trying to be true also. If there is a lady who would like to learn her lessons with me, and eventually find inner peace, and would give love for love, tell me how you see it, and what works for you. Student of life and part-time miracle worker. PO Box 106, FRENCHS FOREST 2086.

ASTROLOGER WANTS GIRLFRIEND, 17th Jul '57, 15th Jul '59, 16th Jan '61, 16th Nov '62, 23 Dec '66, 15th Feb '67, 12 Jan '70. Larry Stevens, TATHAM 2471.

QUEENSLAND

MALE, FIFTY-TWO, 5'5", single, n/s, wishes to meet lady, n/s, age open. Caretaker on 'Bedarra Island'. Must love gardening, island life. For companionship. I'm a Sag, Dec 11. Mr Bobby G Rogers, C/- Dundee Store, cnr Commodore St & Kennedy Esp. STH MISSION BEACH 4852.

MALE FORTY-FIVE, n/s, s/d, would like to meet lady, no ties, child welcome, aged to 45, for companionship and share life on acreage, my interests incl: gardening, GR lifestyle etc. Gary, C/- Lot 3, Pringles Rd, SAMSONVALE 4520. **YOUTHFUL, HEALTHY**, celibate, European, academic wants to share his fertile soil with an equally modest, loyal, sincere woman of similar background, to mid 40s. PO Box 315, NAMBOUR 4560.

MISSION IMPOSSIBLE??? European male, 44, Pisces, caring, creative & inquisitive; n/s, n/d, n/hassles, seeks perm r/ship with earthy, spiritual, communicative & intelligent woman. Must have: sense of humour, enthusiastic outlook on life, affectionate disposition. My likes: Eastern philosophies, music, psychology, books, alternative medicine, nutrition, cooking, permaculture, science, politics, bushwalking & children. Dislikes: people living in the past, noise, crowds, football, pubs. If you are cuddly, passionate, romantic and want to fall in love one more time please write to: Peter, PO Box 4006, Ashmore, GOLD COAST 4214.

ANSWERING A CONTACT AD?

Please put each letter in a separate, stamped envelope addressed C/- GR. We will re-address & forward it.

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CONTACTS QUEENSLAND

PRAGMATIC FORTY-FIVE yo male living on 5 rustic ac hasn't entirely given up on female r/ships. Has a teddy bear, and eats apple cores, otherwise fairly normal. Works in people contact areas, but basically independent. Only ambition is to be a better dad. If you are game, and don't fit most stereotypes, write: Ray, PO Box 1158, ATHERTON 4883.

AUSTRALIAN GENT, 49 years young, near Cairns, seeks a slim genuine female, perhaps 30 - early 40s. View long-term r/ship. If you're interested in rural lifestyle on a diversified organic farm and willing to work for tomorrow with a hardworking very honest man, I'd like to hear from you. Am n/s, n/d, 5'10", 11½ stone, blue eyes, a one woman man. Children very welcome. Contact: Ross, PO Box 251, RAVENSHOE 4872. Ph: 070-976-604 evenings.

CHRISTIAN MAN (independent), 33, seeks born again relatively conservative wife. Age open, one who is intact, not bitchy, not overemotional, ticklish, n/s, truthful, caring, forgiving. Who in time wants to set up a home and raise family. Occasionally (optional) likes to dress hippish. With emphasis on sharing lives & making friends together. Photos in due course. I'm revamping (friends, life) at present for a more fruitful future. I hope to find the right woman soon. PO Box 1286, MILTON 4064.

USED TAUREAN MALE, seeking slim lady to 45, must be into bikes, camping, fun times, no drugs, independent means. Please reply: PO Box 1832, CABOOLTURE 4510.

ARE YOU AN ADAPTABLE WOMAN between 25-38? Have you a friendly disposition, kind heart with a robust outlook on life? Would you be spiritually inclined yet not averse to raunchy encounters? Can you live in harmony with nature? Do you mind listening when needed, coaxing when warranted and being open to discussion? Ladies, I'm as poor as a church mouse, 36 years of age, 5'4", and weigh a healthy 60k. I enjoy fishing, gardening, reading, walking, bicycle riding, nature and people watching. I firmly believe happiness and fulfilment come from within rather than externally. I'm not interested in endless months of letter writing, so replies from spontaneous, honest and witty women from all walks of life are requested to reply to: Brendan Browne, C/- Burrum Orchards, M/S 787, HOWARD 4659.

HAPPY, STRAIGHTFORWARD, woman, 50s, with lively interest in life that includes making the best possible of it. Appreciates straightforwardness, honesty, enthusiasm for life, humour, natural thoughtfulness for others, a curious mind, appreciation of the environment, manual skills, lateral thinking, books. Enjoys art, craft, travelling, photography, conversation, theatre, bushwalking, learning new skills, hearing about others' interests. Am active, average looks (my friends say I have a good smile), average height. Enjoy the company of younger and older people. Nonsmoker, light s/d. Sometimes I wonder if there is a special person out there that I haven't met yet and may some day. If you would like to write, wherever you

**DEADLINES: GR 106 - OCTOBER 28TH
GR107 - DECEMBER 23RD**

live, I would be happy to hear from you. Rell, SE Qld (GR 105), C/- PO Box 242, EUROA 3666.

AUTHENTIC, CONSIDERATE MAN, aged 44, looks and feels 33 yo. Tall, slim, green eyes, with a heart full of love. Light s/d, occasional smoker. Likes dubbing love songs, old time dancing, driving and walking in the forest, fishing, cooking, gardening permaculture. Dislikes loud, aggressive and deceitful people. Are you the lady for whom 'I have searched the whole world over?' Are you also kind, understanding and loyal as well, aged 30-45 years approx? Do you also wish to work together towards building an alternative lifestyle with GR ideals? If so please 'Save me with your love' and let me 'Love you with every beat of my heart'. Please reply soon to: Nick living in Glasshouse Mountains Qld, Nick (GR 105), C/- PO Box 242, EUROA 3666.

LOVELY YOUNG BROADMINDED LADY wanted for genuine friendship, r/ship. No drugs, nonreligious, independent, bubbly, 60s rock & roll, C&W music, someone who loves animals, open spaces, bush. I've been: farmer, racehorse trainer, now businessman. Divorced, no kids, 6', 48, lonely for right lady, companion. North Qld is my home, never moody, no hang-ups, down-to-earth, an unconventional, uninhibited lady would suit. MO (GR 105), C/- PO Box 242, EUROA 3666.

NEW AGE CHRISTIAN lady, 31, clean, quiet, loves light, not darkness, n/s, n/d, almost divorced, 2 daughters 6 & 5, home life, nature, morals, incense, purity, loves wisdom, hates foolishness. Kay (GR 105), C/- PO Box 242, EUROA 3666.

DOWN-TO-EARTH LADY, 40, new to Atherton Tablelands, seeks friend(s), m/f, nature lovers, interested in r/forests, gold prospecting, fossicking, camping in remote beautiful places. Write to: JM (GR 105), C/- PO Box 242, EUROA 3666.

PRACTICAL, SINGLE MUM, 36, 4'10". Loves trees, frogs, elephants & the sensual feel of water. Enjoys food, photography, crafts, reading, travel & junk shops. Would forgo the lot for a back rub. Like to meet n/s, easy-going man to become part of our family to share the ups and downs of life & some laughs. Preferably living in the Darling Downs area. Gloria (GR 105), C/- PO Box 242, EUROA 3666.

SINGLE DAD, young 40s. Part hippy, part inventor. Interests: personal development, spirituality, reading, outback Aust, r/forests, science, electronics, astronomy, movies, music, alternative energy, beachwalks, doing things differently. Like to communicate with someone likeminded. 'Electronics' (GR 105), C/- PO Box 242, EUROA 3666.

VIRGO LADY, young 42, slim 5'9", attractive, brown eyes, hair. Bit of recluse, introvert, down-to-earth, independent nature, sensitive, sensual, quiet. Live nth Brisbane, div, no children but share my life with 3 cats, 2 dogs. Enjoy movies, dining out, feel an affinity with the sea.

Nonsmoker, s/drinker, semivegetarian (fish), meditate, not religious, animal rights activist, I consider the human animal to be neither superior nor inferior to other species. D (GR 105), C/- PO Box 242, EUROA 3666.

VICTORIA

AS YOU LIKE IT, nonprofit singles group for nonsmokers. Bushwalks, bbqs, dine-outs, scrabble, parties. Melbourne, Yarra Valley areas, ages 28-48. For 3 month's programme send \$5: AYLI, Box 999, KEW 3101. Further info: Ian 03-853-9965.

GEMINI MAN, 46, fit and well-preserved, n/s, s/d, seeks lady to age 50 for genuine social, sexual and affectionate r/ship, preferably from central Vic (no interstate or overseas penfriends please!) I live with my son (8) in our mud brick home on 5 ac. My special interests are: astrology, astronomy, natural therapies, herb growing, classical music, quiet country life and warm firesides. Write to: Michael, Lot 11, White Gum Rd, BARKER'S CREEK 3451.

COUNTRY LADY, 47 yrs, 174 cm tall, caring, loving, honest, happy, with tremendous amounts of interests, seeking genuine 'natured' gent age between 42-48 yrs, that likes a happy peaceful life. Please write: JR, PO Box 420, DROMANA 3936.

SEEKS PERMANENT RELATIONSHIP: Leo, 38, interests include bushwalking, gardening, & personal growth. Arthur, 11 Hyacinth Grove, BALLARAT 3355.

AUSTRALIAN COUNTRY MALE, 40, Taurean, separated, 5'9", solid - not fat, healthy and active, no pretences. Loves motorcycling and racing, fishing and quiet country lifestyle. Seeks lady 20-40 for companionship/r/ship, with similar interests an advantage, who would like country lifestyle in Sth Gippsland. Kids OK. Norm, C/- PO, WELSHPOOL 3966.

PETITE, SLIM WOMAN, age 40, seeks helpmate and a caring friend to share rest of life with, interests are: natural healing, permaculture, sharing healthy meals, happiness, reading. If you seek same, Ph: 03-350-7116.

LADY, LATE FORTIES, university education, passionate environmentalist, loves animals, the arts, especially literature/music. Mostly vegetarian, n/s, l/d. Dislikes loud people and the sporty, club life. Wishes to settle eventually, on acreage. Desire monogamous, perm r/ship, with gentle, educated, financially secure man, 48-55 with similar interests. Recent photo please. VK (GR 105), C/- PO Box 242, EUROA 3666.

AQUARIUS, THIRTY-THREE, 5'11", seeks slim, n/s lady for perm r/ship. Interested in self-suff, animals, gardening, able to rough it a bit. Living central Vic. Photo appreciated. Tony (GR 105), C/- PO Box 242, EUROA 3666.

LADY, EARLY FIFTIES, teenage son, seeks an honest, kind, sincere, n/s/d gent, 47-55, to help her dreams come true by sharing a GR lifestyle. Also enjoys and appreciates simpler things of life. All letters answered. Barbara (GR 105), C/- PO Box 242, EUROA 3666.

*If you doubt the wisdom of replying to
any ad - trust your intuition.*

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CONTACTS VICTORIA

MELBOURNE, OUTER EASTERN suburbs. Hi! My name is Ian. I am 48 yo, single, never been married, my star sign is Leo and I'm 170 cm tall with no ties. I am a n/s and only light social drinker. I have fair hair and blue eyes and I am a broadshouldered person of fairly solid build. My nationality is Australian, I have a secure job and am financially secure. My religion is C of E and I am a regular churchgoer. I consider myself to be quite tidy, easy-going, gentle, caring, friendly, down-to-earth person. I am not into drugs. I am also mechanically minded, and a good handyman around the house. My interests are: classical music, gardening, concerts, picnics, flora & fauna, photography, camping, travelling, walking, dancing, looking after home, long weekends in the country. The lady I'd like to meet should be single, no ties, in the 35 to 47 age group give or take a year, who dresses casually, like myself, with view to friendship and companionship with view to a perm r/ship and marriage if compatible. Photo appreciated, but not necessary. I live in the outer eastern suburbs of Melbourne by myself. I also own my own house and car. All photos returned and all replies answered. I am definitely not into one night stands. This is a genuine ad, all replies answered. Ian (GR 105), C/- PO Box 242, EUROA 3666.

ENLIGHTENED, SLIM, SOBER, n/s, affectionate male, relocating, requires spiritual, mature female partner 45-60 yrs. She could be: aware, wholistic, total. Solved or solving her past karmas through looking inwards, rediscovering true self. Unafraid of endless longing for sharing love, great reverence for self, showing it in body & spirit. Interested more in being than behaviour. Enjoyment of simple things. Capable of perm r/ship with genuine intimacy. Contact pref with photo returned. Contentment (GR 105), C/- PO Box 242, EUROA 3666.

LADY, FIFTY-FOUR, 5'8", n/s, sensitive, intelligent, independent, yet with a caring attitude towards people and life. Interests incl music, reading, current affairs, horticulture, nutrition, city and country life. Seeking sincere, compassionate gent with similar interests. Contact: CK (GR 105), C/- PO Box 242, EUROA 3666.

TASMANIA

SLIM GENTLEMAN, early 30s, long hair, good looking, musician, with secure job, also 400 ac property nth Tas. Would like to form

ANSWERING A CONTACT AD?

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partnership/r/ship with energetic, attractive female. Interests incl all arts. Recent photo appreciated. MM (GR 105), C/- PO Box 242, EUROA 3666.

IF AT TIMES you're feeling lonely,

Or you have some time to spare.

Write to me a letter,

Tell me if you dare,

About yourself, your dreams for life,

Or about the things, for which you believe,

And I will tell you how I feel,

If your letter I receive.

For I am just an honest man,

With peaceful, simple ways,

Of enjoying nature's beauty,

While learning through the days.

I feel that I have much to share

And give to Mother Earth.

so GR ladies write to me,

Give our friendship birth!

'Poet' (GR 105), C/- PO Box 242, EUROA 3666. Interstate replies also welcome.

TWENTY-ONE YEAR OLD female, searching for a male companion. Any age between 20-35 yo. Must be n/religious, honest, reliable & clean. Non cigarette smokers please, s/drinker OK. Must also love and respect nature, and music. If this is you, write to: Paula (GR 105), C/- PO Box 242, EUROA 3666

EUROPEAN LADY, tall, trim, tertiary educated, mostly vegetarian, committed to caring for land and animals. If you are male, mid 50s, n/s, positive, broadly educated, practical, possibly retired, willing to relocate and are seeking a r/ship where stability, trust and respect are integral, please write to: Dee (GR 105), C/- PO Box 242, EUROA 3666.

GOOD BLOKE, trying self-suff, seeks healthy enthusiastic sharer. Ph: 002-552-143.

WESTERN AUSTRALIA

MALE, THIRTIES, bearded building tradesman, 5'8", slim, Aussie, wishes to meet and hear from natural, earthy, free and easy lady (20-35), with no attachments. Interested in cruising the highways and byways of the wild west, Harley Davidson style. Private city liv-

ing. View to make good friendship & together good times. Write to: Mark, 18 Irvine St, BAYSWATER 6053.

GUY, 31 yo, living in the SW of WA. Interests incl: camping, fishing, photography, music, permaculture, gardening, woodwork & writing letters. Have own place on 5 ac, would be pleased to hear from a down-to-earth lady for friendship, possible r/ship. Write to: Paul, Box 471, BRIDGETOWN 6255.

PERTH LADY, 41, down-to-earth, affectionate, good sense of humour, caring, independent, own home, varied interests, n/s, s/d. Seeks sensitive, intelligent, gentle, unattached male for friendship, r/ship, Wendy (GR 105), C/- PO Box 242, EUROA 3666.

SOUTH AUSTRALIA

FEMALE, MID FORTIES, interests incl: personal growth, meditation, metaphysics, travel, country living and generally learning about life. Seeks soul mate to share these exciting times. Must like children and animals, be very honest, somewhat adventurous and reasonably intelligent and aware. Spontaneity and sense of humour appreciated. Reply: NS (GR 105), C/- PO Box 242, EUROA 3666.

FILIPINA, 22 yo, 5'7", student radiographer, slim, single, sisters in Adelaide, seeks friendship with gentle, caring, estab GR type man 28-38 for serious r/ship. I like children, home-making, and outdoor activity. Strong family values. Let's work together to build our future. Write: Liza (GR 105), C/- PO Box 242, EUROA 3666.

WOMAN, FIFTY-TWO, looking for change and wanting the challenge of going deeper into a GR lifestyle. I believe I will share this journey with an honest, adventurous, peaceful man who has inner strength and a direction. I see lots of fun together, challenges and commitment. I have no ties in SA and am prepared to relocate. Reply: BEW (GR 105), C/- PO Box 242, EUROA 3666.

OTHER

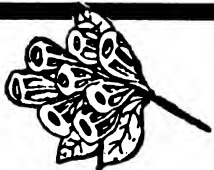
FILIPINA, TWENTY-TWO, 5'1", slim build, civil engineering graduate, wants Australian pen friend. Write: Paz Azucenas, Cambanay, Pasol, Alcoy, Cebu, PHILIPPINES.

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Please refer to page 68 for details on how to advertise

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Gumnut Gossip

by Megg Miller.



Although the weather is mild and sunny skies beckon through the office windows, indoors the place is like an infectious diseases centre. Coughs and sneezes, nose blowing and the aroma of tea tree oil mixed with cough lozenges strongly point to the outbreak of flu. One by one we've succumbed, Christine alone displaying superior resistance. But even a toughie like Chris couldn't hold it at bay forever and now she too is red eyed and hoarse. Funnily enough most phone callers sound stricken too, so there is obviously a wide-spread epidemic. Knowing this we don't feel quite as bad about being such a poor advertisement for natural health. No doubt the air conditioning contributes to the spread of the germs. If we are like some of the locals around this area we would be blaming it on the dry weather – most unfavourable events are blamed on the current weather, whatever it may be at the time. But regardless of cause, we'll all be glad to put the hankies away and enjoy good health again.

One of the pleasures associated with publishing is the opportunity to look at an unusually wide range of books and magazines. We receive numerous books for review and also enjoy a reciprocal arrangement with lots of magazines and newsletters from this country as well as other parts of the world. In addition we subscribe to a few specialised mags from overseas. All told this network provides an excellent overview of current trends and activities and, in the case of overseas publications, suggests directions we can anticipate in Australia in the future. Two recent items were particularly significant. Both the *Holland Herald* and an English small farming monthly reported on subsidies offered by their respective governments to farmers converting to organic methods.

In the Netherlands farmers are encouraged to draw up and submit a five year plan describing their proposed shift to full, ecological methods. Those whose criteria satisfy authorities will be awarded up to f100,000 while those already 'planet friendly' may claim up to f30,000 a year. Similar financial assistance is offered in England; the scheme being '...designed to stimulate a form of production which emphasises soil improvement and the control of pests and diseases by making use of only a very restricted range of fertiliser inputs and pesticide products'.

Although the introduction of stiffer EC standards may be the impetus for the development of these schemes, environmental problems within countries are also causing concern. Water contamination, landfill, manure disposal and pesticide pollution are issues of vital importance to European governments aware of the need for planet friendly practices.

It is hoped authorities in our country develop similar foresight and tackle trouble spots here, particularly with regard to water quality in our river systems and the need to modify farming systems in keeping with altered weather patterns. Although sustainable farming advocates may be frustrated by the pace of change, overseas developments auger well for positive steps in the future.

If you purchased this issue from the newsstand you will have noticed a rise in the cover price. 'Not another,' I'm sure you'll groan, 'everything seems to be rising'. We do it reluctantly as we know only too well that the costs of goods and services are indeed increasing; they're being passed along the line to us also. We appreciate it is a struggle for many to find the money some months, and hope they can still read it even if it means borrowing from a library or sharing a copy with friends. Even with the price rise it's still terrific value for money and there isn't an issue from which you can't make substantial savings if you follow our contributors' advice on making or doing things for yourself. We apologise for any hardship this increase causes, and hope to include more money saving ideas in forthcoming issues.

Amongst recent mail are two items we need assistance with. The Jun/Jul 94 issue featured a letter asking for help with sourdough bread. A kind reader replied to this, sending recipes and advice to the address we published, but had it returned stamped with, 'Left Address'. We assume the writer, S Casey, has relocated, but if they are still keen to improve their breadmaking, this reader would be willing to forward the info. Please contact us S Casey, with your new address if you would like this material. Gregory Phillips wrote in June seeking a Tasmanian address but omitted to include a forwarding address. If he too could touch base with us we could assist with the info he required. Gregory was travelling through NSW and Qld when he wrote,

lucky fellow, so perhaps a reader could pass the message on.

You may wonder about the outcome of requests like this – do we ever find these people or is there a bottomless box of mail waiting to be claimed? Like the mounties we usually get our man (or woman). For example the request on this page last issue for help in locating a gentlemen from Yass who had forgotten to include his address was successful, and he is probably sitting up reading his *Poultry Breeders Directory* at this moment. Thanks go to Lee from *Australasian Poultry* who read the request and recognised the name as a subscriber to the magazine, and generously passed it on. There is little the GR readership can't find or help with; someone somewhere is sure to know, which is amazing when you consider the lack of help and neighbourliness that is prevalent in society today.

The author of a review of GR that recently appeared in *The Mercury* (Hobart) was also struck by the 'competence and all-pervading ideological soundness of GR contributors'. In a perceptive and sometimes tongue-in-cheek article, Annie Warburton suggested, 'If you're ever tempted to depression... get hold of a copy of *Grass Roots*... It's a marvellous tonic for that wavering faith in human nature. Every recycled paper page of this worthy publication is chock-a-block with information to help you live your life in a way that won't harm yourself, your children, your grandchildren, your neighbours, the Third world, the animal kingdom or the planet... Compost and septic tanks are to *Grass Roots* what the royal family and diets are to the *Women's Weekly* and its imitators'. Annie also says that if she sounds a teensy bit negative about some aspects of the mag – a few products and services and of course the contact ads – it might be due to a sense of inadequacy. GR folk 'cook, build, spin, weave and sow, they plant, plough, reap, mill and knit – but don't share the vices and foibles which afflict us lesser mortals'. We are a pretty competent and skilled lot and work hard at achieving ideological soundness, and deserve to take some bouquets for all this. But as to the foibles which afflict lesser mortals – the red wine, the expanding waistline and other indulgences, no, let's keep these to ourselves. With all the gloom and doom around it's refreshing to read that we appear to exaggerate our good qualities!

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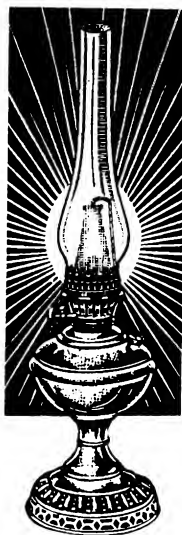
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